

REDBOOK

**FREE
POSTER
INSIDE**

Beat belly fat!

Before & afters
prove our easy
plan works

You'd be
crazy to
ignore this
love advice

p. 78

Save and earn more in 2012

16 ways to outsmart your
bank and slash your bills

Kate Beckinsale

The *Underworld*
star on seducing
her hubby &
embarrassing
her tween

23 FOODS THAT KEEP YOU YOUNG

WHIP YOUR HOME INTO SHAPE!

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#1 DERMATOLOGIST RECOMMENDED

31 things to do in january

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Look **HOT,**
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even in jeans, page 108

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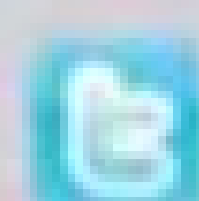
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Kate Beckinsale photographed exclusively for REDBOOK by Gilles Bensimon. Hair: Adir Abergel for Frederic Fekkai at Starworksartists.com. Makeup: Lauren Andersen at The Wall Group. Manicure: Michelle Saunders for Essie/Celestineagency.com. Stylist: Taylor Jacobson at Atelier Management. Dress: Rachel Roy. Earrings: Arunashi. Get Kate's cover look with Sumptuous Bold Volume Lifting Mascara in Black, Signature Satin Creme Blush in Coral Light, and Pure Color Gloss in Rose Emotion by Estée Lauder; Nail Lacquer in You Don't Know Jacques! by OPI; and Coiff Bouffant Lifting & Texturizing Spray Gel by Fekkai.

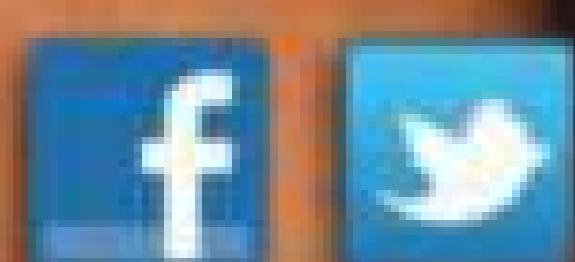
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Get to *your* happy place

How do you keep a good mood going through January? This year I saw seasonal affective disorder coming from months away, so I talked my three best friends into meeting me in Miami for a girls' weekend. It's been five years since our last reunion, during which time we've dealt with everything from career changes and home renovations to divorce and breast cancer. We are definitely overdue for a round of hugs and drinks! When I get back, I plan to continue



What I wouldn't give for a nice, tall bubble tea. But it looks too silly to take into a meeting.

self-medicating with... **>> My new addiction,** bubble tea.

It's a milky brew with chewy little tapioca balls at the bottom. I get mine unsweetened, but there's no way it's healthy. Oh well. **>> Movie-going.** By that I mean ditching my horrible sweatpants to watch great films in an actual theater. My pick this month: *The Artist*, which triumphs without big-name stars, shocker violence, or even dialogue—amazingly, it's a silent movie. **>> Tween fiction.** It



Cheers to the women on page 67, who shed a collective 21 inches from their middles. Christine McKeown (far right), who lost 5.5 inches, says, "My cholesterol is down 70 points, my energy is way up, and my pants are always buttoned!"



WIN THIS HOUSE!
The 2012 HGTV Dream Home—a 4,000-square-foot modern ranch near Park City, UT—is up for grabs. Enter to win at hgtv.com/dreamhome.



Above: *The Artist* stars French actors Jean Dujardin (left) and Berenice Bejo (right). Below: a library fit for a tween, or her mother.



started with the *Twilight* series, and now I'm loving other books not intended for women my age. *When You Reach Me* features a wonderfully real relationship between a working mom and her daughter. *Why We Broke Up* makes you admit that you'll always little-bit-love your first boyfriend. And don't judge: I am reading the Marvel Comics version of *Pride & Prejudice*. Lastly, **>> I'm soaking up every ray of sun** I can, including the sunsets I see from my office (above). Wish the color show didn't start at 4 p.m., but hey, I'll take it!



Jill

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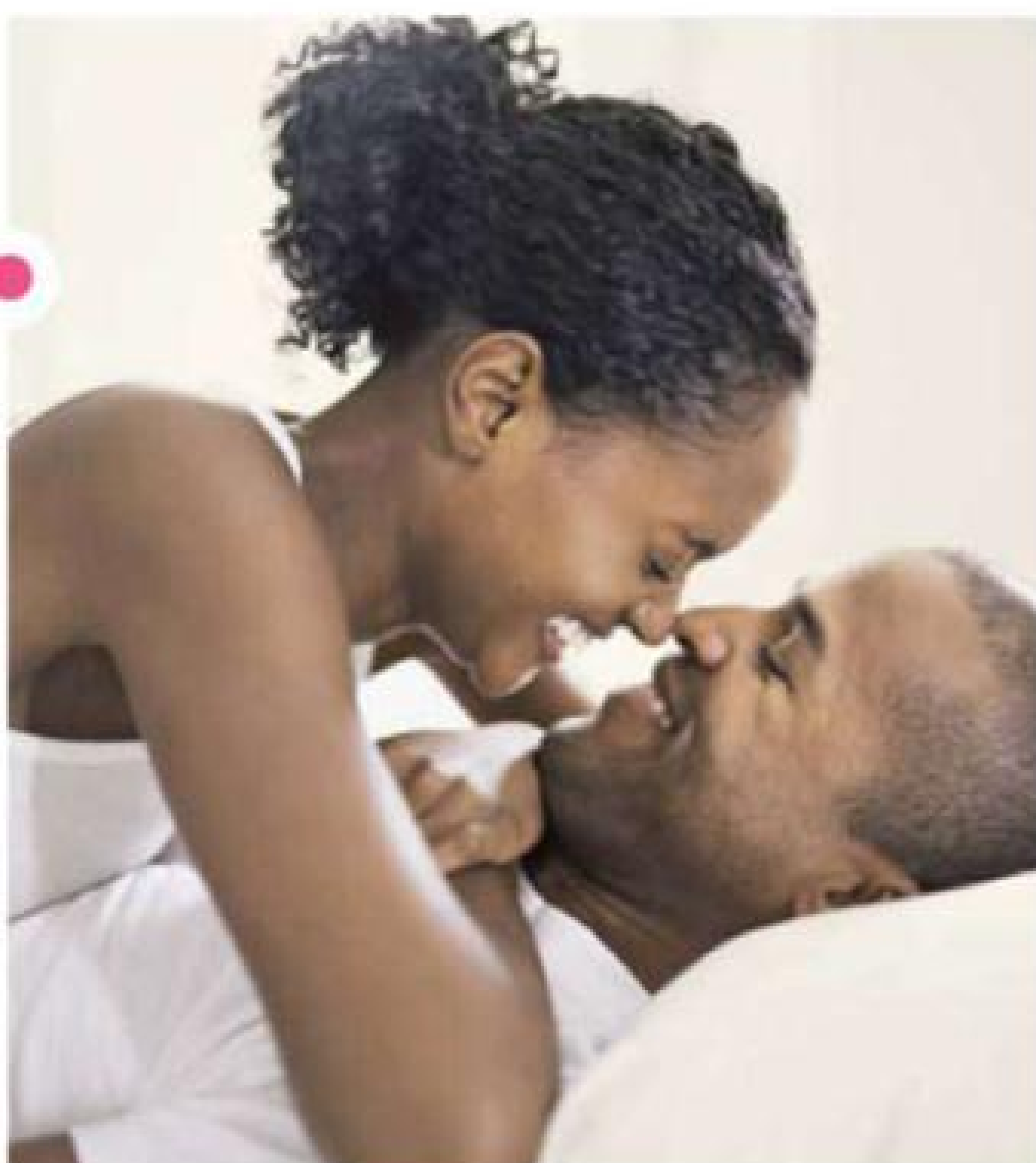
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He's thinking *what!*? ●

redbookmag.com/hisfantasy

Guys confess what really goes through their minds during sex, from the truly wacky to the insanely sweet. Plus, what he secretly craves afterward (and no, we don't mean more sex).



tweet!
tweet!



What's the guilty pleasure you'll never give up—healthy resolutions be damned? Tell us and other readers @redbookmag with #guiltyascharged.



● Put veggies where they'll never see 'em

redbookmag.com/healthytricks

Trick your kids—and, be honest, your guy—into eating more good-for-them foods with these sneaky, super-quick recipes. We promise, they won't guess there's spinach in these brownies and beans in the cookies!

Make your resolutions stick this year ●

redbookmag.com/nyplan

Experts weigh in on the smartest and easiest ways to stay motivated, whether you're trying to nix your diet-soda addiction, get an extra hour of sleep, or run a 5K.



WIN AMAZING SKIN CARE

It's freezing out, and for a lot of us, that means one thing: dry, blotchy skin. Don't despair! We're giving away two best-selling products from Revision Skincare every day this month. Enter to win at redbookmag.com.

REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Chris McCarty, 38, Rancho Santa Margarita, CA

Job: Army Active Guard Reserve Major

Family: Married 13 years; father to Jordan, 12, and Christopher, 9



Chris's wife, Melissa, doesn't have to wonder how he feels about her—he writes it on posterboard! “He'll make a list of reasons he loves me and leave it out for me to wake up to,” she says. “It's beyond sweet.” Chris has been impressing her since they met on spring break almost 15 years ago, when he picked her up by talking about his work helping troubled youths (all true, by the way). They got married 18 months later, and their love has stayed strong through sickness and separation: Chris was diagnosed with an intestinal disease in 2002, and served in Iraq a year later. Plus, when their daughter was born, he insisted on changing *all* the diapers—a possible first for all husbandkind!



GET 'EM WHILE THEY'RE HOT

Check out the hunky finalists of our America's Hottest Husband contest one last time at redbookmag.com/hothusbands2012. Next month: Meet the winner!

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This month's **STAFF CHALLENGE**:
Squeeze in 15 minutes of
exercise every day for a week.
To find out the amazing
payoffs, turn to page 64.

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"I downloaded
my favorite
magazines to
my iPad at the
beginning of the
week and
treated myself
to one a night
as I pedaled
away on an
exercise bike."
—JIHAN

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"Rather than
blob in
bed while
catching
up on the
phone with
friends, I
threw on
toning sneakers
and walked
around my
neighborhood
while we
chatted. It was
way more
productive
than flipping
through *Sex
and the City*
episodes, and
my calves
felt it the
next day!"
—PERRI

"Waking up
early and
getting in a
quick exercise
session before
work kept
me energized
all day long. I
either did a
20-minute
yoga video or
walked to
my office
from home."
—DORI

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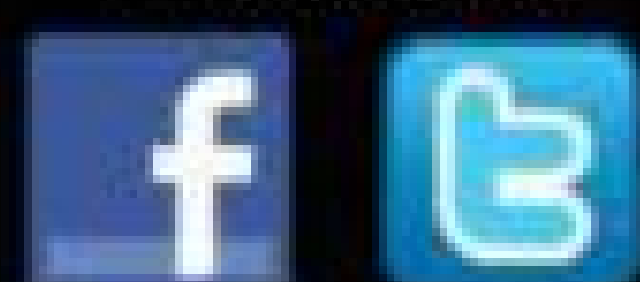
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Do a daily mini workout for a
week. For more break-a-sweat
inspiration, flip to page 64.

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"I swapped
eating at my
desk for a
lunchtime
walk. I loved
the time
outdoors,
and instead
of choosing
pizza and
cookies in
the cafeteria,
I picked up
a healthy
sandwich
on the
way back."
—KERRI

"I Netflix-ed a
Pilates video,
walked to
and from
appointments
rather than
cabbing it,
and played
with my kid at
the park
instead of
being a
spectator. If
you think
creatively,
exercise is
totally
doable."
—CORIANNE

"I popped in
a Tracy
Anderson
exercise
video before
the kids
woke up.
Fifteen
minutes
seemed like
such a big
commitment,
but it
flew by!"
—KATIE

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Thanks to the **Liz Claiborne collection**, available exclusively at **jcpenney**, Renee will start her new job in style! As the winner of the Liz Claiborne "7 Days of Style" contest, her closet was completely made over with great pieces that will give her confidence as she re-enters the working world.

Looking for a way to upgrade your own wardrobe without breaking the bank? Here are a few style pointers that every woman (and fashionista on a budget) can use:



"I've been out of the workforce for almost nine years, and my closet is not ready for the professional world! I just got a new job, but the only problem is that I have no appropriate clothes to wear. Almost everything in my closet is denim or 100% cotton (lots and lots of T-shirts)! I love classic style and need that in my wardrobe."

—RENEE JOHNSON,
PENNSYLVANIA

**CLOSET
MAKEOVER
WINNER!**



2



4



3





- 1 Color blocking is a major trend, and this **ribbed color block sweater** makes it easy. The trio of bright colors does the work for you; simply pair with neutral pants or a skirt and you're off!
- 2 The **vest** is one item that always comes back in style. This year's version has a tie belt that will cinch in your waist and show off your figure—while keeping you warm!
- 3 Gold jewelry is a great way to add a touch of glam to your outfit. A fabulous **stretch bracelet and drop earrings** are sure to make you stand out.
- 4 A **striped boyfriend shirt** is a wardrobe staple—it's versatile enough to wear with dark-rinse skinny jeans or tucked into a sleek pencil skirt.
- 5 There's nothing like cuddling up in your man's sweater—except if you have your own! The **boyfriend button cardigan** offers the oversize coziness of a guy's sweater with the girliness of an eye-catching hot-pink color.
- 6 Mix up your winter look with a trendy **three-quarter sleeve dolman sweater**. Wear with narrow, fitted pants and slouchy boots to complete the look.
- 7 Who doesn't love a timeless bag? This **pewter handbag** will take you from winter to spring; it complements most colors and adds polish to any outfit.
- 8 The preppy look gets made over with this brightly colored **argyle sweater**. Wear over a collared shirt for work or by itself on the weekend.
- 9 Get cozy with this **patterned cardigan**. Balance the busy pattern with a solid tank and leggings. Warm plus chic equals the perfect combo!
- 10 Statement jewelry is here to stay, so make your statement with this **gold two-row necklace**; it will look amazing over a body-hugging LBD.



THE SUPPORT STARTS HERE

REDBOOK's *Truth About Trying* campaign is all about ending the silence around infertility, with videos from women who have struggled to get pregnant. See them and join us at redbookmag.com/truthabouttrying.

Thank you for addressing those of us who are dealing with infertility ["The Invisible Pain of Infertility," November]. Both my husband and I suffer from infertility issues, and we've had multiple miscarriages. Our insurance doesn't cover our treatments, and we've almost drained our savings trying to have a baby via IUI. I truly appreciate your writing these articles and posting these videos, bringing awareness to what has been a taboo subject for far too long.

—CASSIDY RYAN, *Sussex, WI*

Trying to get pregnant was an emotional roller coaster for me, complicated by the fact that my partner and I are both female. After a round of IVF and a miscarriage, I felt like there was something wrong with me. I hate that our culture equates pregnancy with maternal ability; I have to remind myself daily that great eggs do not inherently make for great mothers. Thanks for making it a little easier today. —CHERYL KLEIN, *via redbookmag.com*

"Thank you for writing about infertility—it's been a taboo subject for far too long."

ALMOST IS TOO CLOSE

In regard to "My Almost-Fling" [November], I think being tempted is the second step toward cheating—the first one is being in the situation where it might occur. And mature adults stay out of those situations! —KAY TREGO, *via redbookmag.com*

WE ASKED REDBOOK READERS:

HAVE YOU EVER BEEN TEMPTED TO CHEAT?

66% of you said "Yes!"
34% said "No way"

ALL IN A DAY'S WORK

I loved "WTF Working Mom Moments!" [November]. I have a full-time job, my husband works seven days a week in construction, and we're raising our niece and nephew. This article pinpointed my exact feelings and frustrations. Being a working "parent" is hard, and women need to accept that having a job doesn't make us bad parents; it shows

our children how to multitask. I can only hope my niece grows up to be a hardworking woman, with compassion and understanding—the way my mother taught me to be. —ASHLEY MALEY, *Chicago*

I look forward to every issue of REDBOOK, but this month I was taken aback by "WTF Working Mom Moments!" Couldn't you have come up with a better headline, without using the inappropriate slang term *WTF*? Just because the F-word isn't written out entirely doesn't lessen its offensiveness. —LAURA PETERS, *Wheeling, IL*

NOT PUNISHMENT ENOUGH

I just finished "I Was Naked Out in the World" [our November feature about kids caught up in a sexting scandal]. It made me so angry that these teens don't have to face real consequences for their actions. Sending naked pictures of underage people is illegal and doesn't deserve a special program. At 13 years old, these kids were aware of what they were doing, and should be punished accordingly. —HANNAH COON, *Brookfield, CT*

Join the conversation on Facebook

Thanks for making No-Judgment Day a success and helping to stop mom-on-mom meanness! (Go to redbookmag.com/nojudgmentday for details.) So now, you tell us: What do you hate being judged for?

- My kids' behavior when they act up. You'd be surprised how people judge you for just trying to survive with your children! —JENNY HYMAN-QUEEN
- People judge me because of my tattoos. I'm not a bad person, I just love body art. —PATTY M. AVILA-RUIZ

- For having four kids in 3.8 years! —MARY CARROLL NEUDORF
- For being a stay-at-home mom. People think I sit around all day watching soaps or something—and that couldn't be farther from the truth. —STACEY CONWAY

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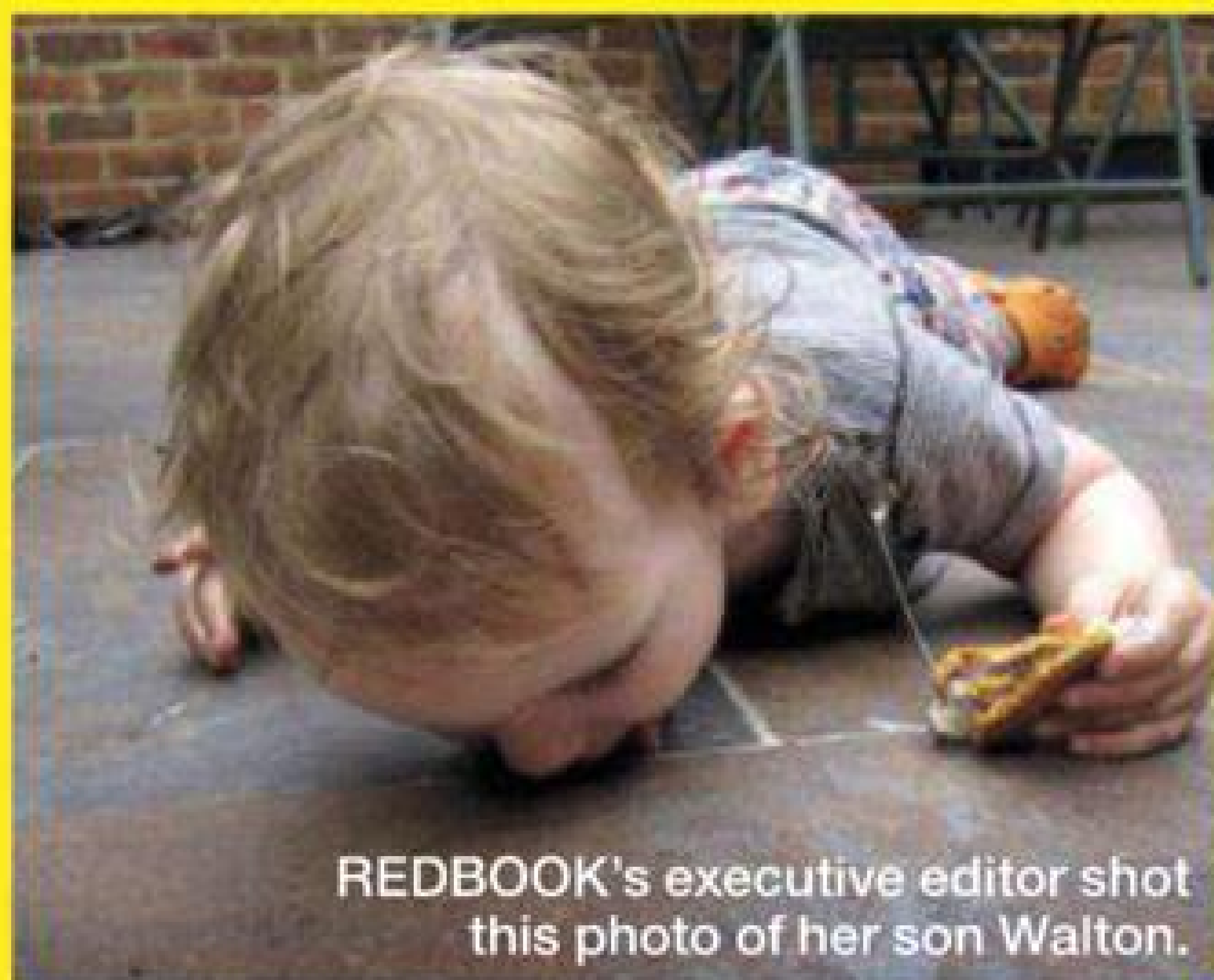
ARE YOU
OKAY WITH
SWEARING
IN FRONT
OF YOUR
KIDS?



BETTY SHOCKER!
DO YOU
BAKE
FROM SCRATCH
OR OUT
OF A BOX?

SCRATCH BOX
50% 50%

WE ASKED, YOU TOLD:
WHAT'S THE **GROSSEST**
THING YOUR KID HAS DONE?



REDBOOK's executive editor shot this photo of her son Walton.

▲“My 2-year-old son dropped a piece of his s'more on the ground, lay down, opened his mouth, and sucked it off the dirty flagstones. (And yes, my reaction was to take this photograph.)”

—MEREDITH ROLLINS

“My son found a dead mouse in a trap. He grabbed it by the tail and asked if we could keep him.” —KELLY KENDALL

“I caught my 3-year-old smelling and licking the bottom of her shoe. I said, ‘Oh, my God, what is that? Dog poo?’ She said, ‘No, no, it’s okay. It’s dog throw-up.’” —LINDA SAUNDERS MARICLE

“At a hotel, our daughter was cruising around the bed (she couldn’t walk yet). She popped up, chewing on something. I dug it out and found someone’s big toenail in her mouth. Not ours!” —LACY ELET

“When my daughter was 5, she started coughing during dinner, then sneezed a spaghetti noodle out of her nose. Yucky! But funny!” —ANNETTE STRATTON LYLE



TOP LEFT: COURTESY OF SUBJECT. LIGHTBULB: IMAGE SOURCE/GETTY IMAGES. WOMAN BAKING: GEORGE MARKS/GETTY IMAGES. TENTS, FROM LEFT: ANDY CRAWFORD/GETTY IMAGES, ISTOCKPHOTO.COM, RYAN MCVAY/GETTY IMAGES. PICKET SIGN: COMSTOCK/GETTY IMAGES.

“I think we need to occupy grocery stores. My bill has doubled in the last three years.” —KIT SMITH

PITCH A TENT, HONEY
IN THE WAKE
OF THE
OCCUPY
PROTESTS,
WHAT DO
YOU WANT
TO OCCUPY?

“The oil companies, the mortgage companies, and the insurance industry.” —AMY PATTERSON MCPHERSON





OH, WAH

The Duggars are pregnant with their **20th** child.

WHICH OF THESE
UNUSED "J" NAMES
WOULD YOU PICK
FOR THEIR LITTLE ONE?

15%
JAYDEN

7%
JESSE

1%
JAN

77%
**JUST
MAKE IT
STOP!**



"I want to
occupy Antonio
Sabato Jr.!"
—MELODY GAMBREL

"I'd like someone
else to occupy
my laundry room."
—EILEEN Z. WOLTER



Scoot over,
Mom's watching
Pretty Little Liars.

WHAT'S YOUR TEEN-SHOW GUILTY PLEASURE?



**PRETTY
LITTLE
LIARS**



**THE
VAMPIRE
DIARIES**



90210



**GOSSIP
GIRL**

LISTEN UP, LADIES!

IT TAKES A VILLAGE TO SAVE YOUR SANITY

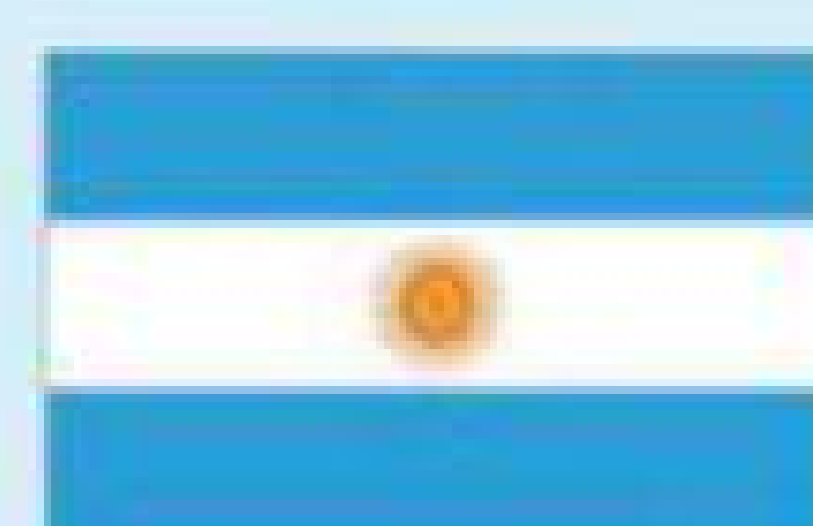
When it comes to mom angst, journalist Mei-Ling Hopgood thinks American women have the market cornered. "Women in other countries tend to be more low-key about child-rearing. They don't worry about whether they're employing 'perfect' parenting methods," she says. Her cultural research for the new book *How Eskimos Keep Their Babies Warm* made it clear that we can *all* lighten up—and still raise happy, healthy kids. "There are millions of ways to get it right!" she says. For instance...

assumed that a tired kid will sleep whenever, wherever—if that means sprawled across a café booth, no biggie.



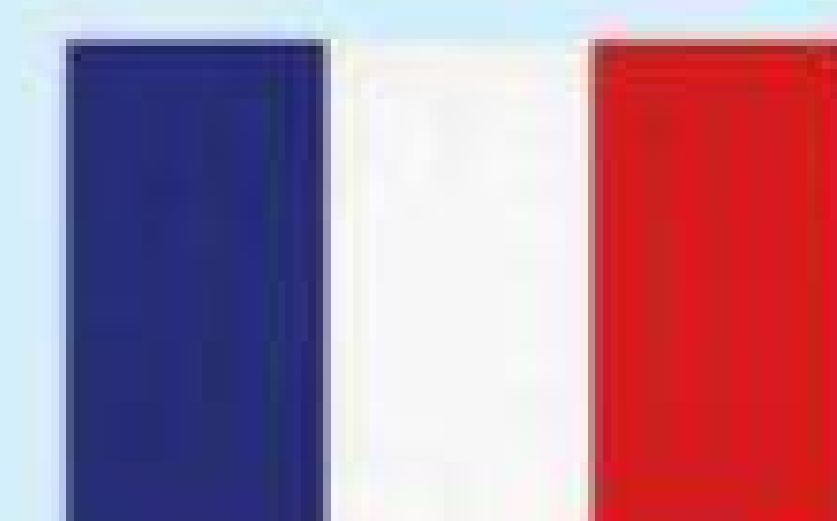
**Chinese
moms and
dads often**

free tots from diapers before 18 months. It's a trial-and-error way for kids to potty-train themselves. Yes, sometimes there's pee on the floor, but no one freaks out... and eventually it all winds up where it's supposed to.



**Kiddies in
Argentina
regularly**

break bedtime routines. They'll stay up late for family dinners, which usually happen well past 9 p.m.; on the weekends, little ones can be spotted at restaurants at midnight. It's



**Parents in
France
refuse to**

play short-order chef. Children are offered only "adult food" from a young age, and learn to love everything from mussels to stinky cheeses. Tell *that* to Junior next time he pushes away the green beans!



The Obama family having a “normal” moment last year.

WHY YOU **DON'T** WANT TO BE FIRST MOM

Journalist Jodi Kantor trails Michelle Obama everywhere. She's learned a lot from covering the First Lady, but would never want to trade places with her.

The first conversation I ever had with Michelle Obama was about—sorry, there's no other way to put this—kids and puke.

We were sitting in a school lunchroom in Iowa during the summer of 2007, and Michelle was describing the night before her family's first campaign trip. Sasha, then 5, came down with a bug and was throwing up (“It doesn't stop until 3 a.m.!” her mother exclaimed), and Michelle was worriedly tending to her and doing laundry. Sasha recovered just in time for the four of them to depart. Without saying so directly, Michelle had made her point: Hers was an everyday family.

In the five years I've covered the Obamas—including writing a book about their partnership in the White House—their lives have gone from reasonably normal to completely singular. I've watched them learn to parent in the public eye, and along the way I've picked up a thing or two from my subjects. The

summer I met Michelle, I was also a new mother, and the trip to Iowa was the first time I'd left my 1-year-old for more than a couple of days. (I mentioned as much after the interview, and a second later the future First Lady was enthusiastically flipping through snapshots of my daughter.)

One lesson came via Susan Sher, Michelle Obama's former boss-turned-chief of staff, who told me about hiring her for a job at the University of Chicago Medical Center shortly after Sasha was born. On the day of Michelle's interview with the hospital president, her sitter canceled, so she tucked Sasha into a stroller and the two of them rolled into the meeting together. The future First Lady didn't apologize; her attitude, Sher said, was “this is who I am.” Sasha dozed through the interview and Michelle got the job. Back at my own office, some of my colleagues wouldn't admit that they were leaving at 6:30 p.m. to tuck their children into

bed—one used to say he was “meeting a source.” Michelle’s approach was right, I thought: Be confident and matter-of-fact. The worst move, when faced with a kid’s dentist appointment or recital, was to back out of the office mumbling, “I’m so sorry... my kid needs me... I think I did everything... I have my BlackBerry... I feel really bad about this.”

The First Lady has limited patience for political life, something that hasn’t changed much since her husband took office. In the White House, she “works” a total of two days a week (barring, say, a foreign trip), employing a timeless truth of parenting: Your children can get you out of a lot of undesirable events. Michelle’s commitment to her kids is sincere, but they also give her a natural way of limiting the hours she spends in the public sphere. She often takes work “home,” laboring over memos or speeches in the hushed grandeur of the First Family’s private quarters. But on many afternoons, while Barack Obama is worrying about the federal deficit, his wife is off on a biking trip with her daughters, or taking Sasha to swimming lessons. She is protective of her kids, but her kids protect her as well.

Still, being First Family has some hidden, bizarre drawbacks. “Nothing we do” is easy, Michelle once remarked. “The very nature of living in this house means the Easy Button has been taken away forever.” The presidency involves a strange combination of power and powerlessness: The President holds the nation’s nuclear codes but can’t walk out for a cup of coffee at Starbucks. Likewise, the Obama girls have benefited from extraordinary opportunities—their parents laughingly told me about the school essay Sasha wrote about meeting the Pope—but are sometimes barred from the simplest childhood activities and laid-back family time. Initially, the First Lady talked about taking her girls

to school every day, but she rarely does; the attention she attracts makes her daughters uncomfortable, and she wants to avoid Secret Service vehicles jamming the rush-hour commute. The Obamas had to rethink playdates: When their girls are invited to a friend’s house, how thoroughly does their staff need to check out the host parents? On their first Halloween in the White House, Malia and Sasha tried to trick-or-treat in a residential neighborhood—without their parents, of course, who would have caused a scene. But the scene happened anyway: Onlookers surrounded the girls, trying to take photographs, and their chaperones returned them to the White House in defeat.

Back in my quiet Brooklyn, NY, neighborhood, where there are no papal visits but also no crushing mobs, I sometimes hear my friends dish about Michelle Obama’s latest outfit or the fantasy of

having the White House staff to wait on them. My reaction is different. Working on my book, I saw again and again that the Obamas’ success has come at a personal cost they can never

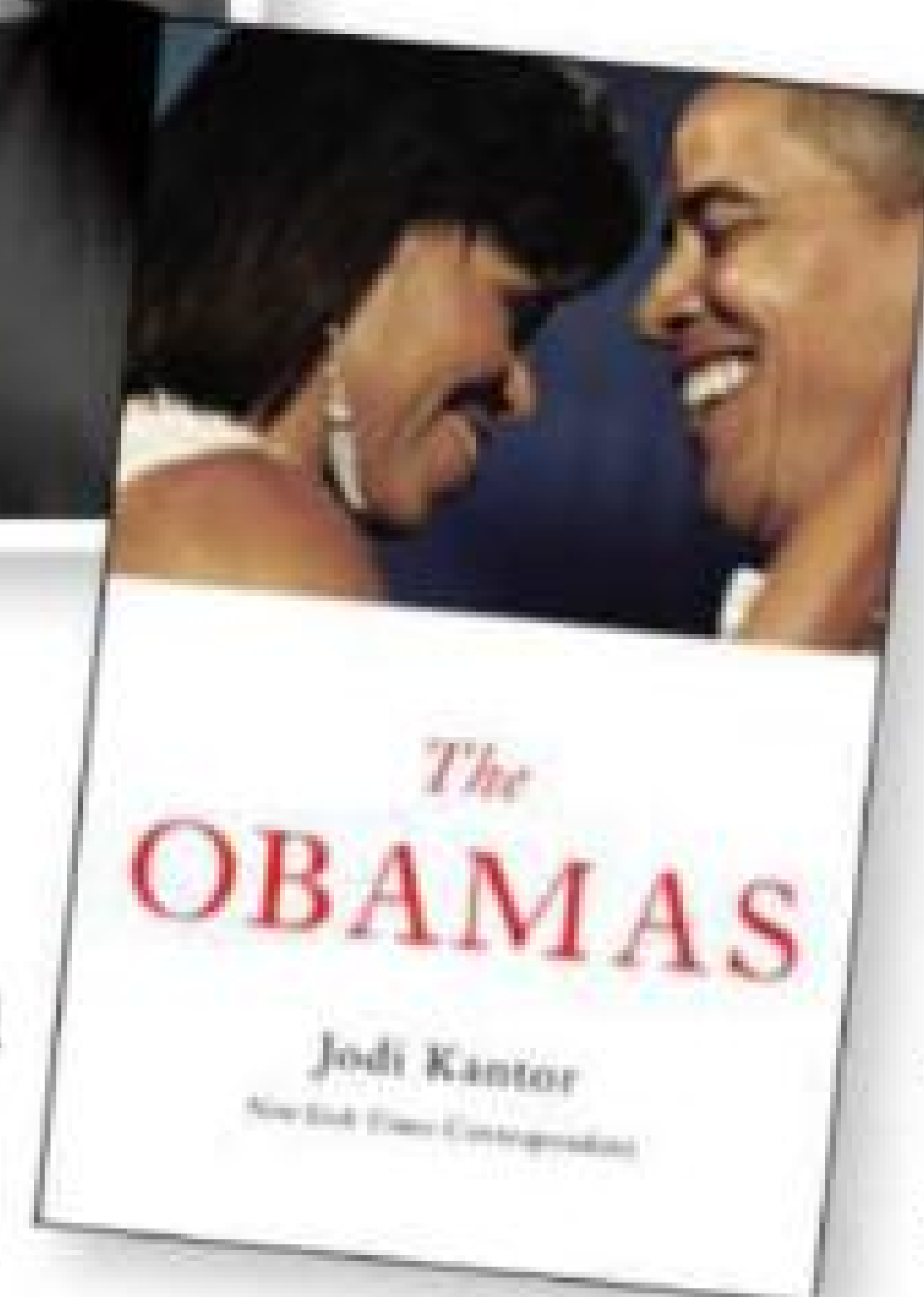
fully express in public, lest they sound ungrateful. (That’s why the true nature of White House life—less glamorous and lonelier than it looks—is mostly a secret; no one wants to sniff

at such privilege.) Whether Barack Obama wins or loses in 2012, he and his family are no longer the regular Chicagoans Michelle described to me all those years ago. Seeing how the Obamas really live has given fresh meaning to one of the most basic facts about parenting: The moments we take for granted—sleepily trekking to school, trick-or-treating around the block—are the ones we would never want to do without. **R**

Jodi Kantor, a New York Times correspondent, is the author of The Obamas, published this month by Little, Brown.



The stuff Jodi learned covering the Obamas could fill a book. So she wrote one!



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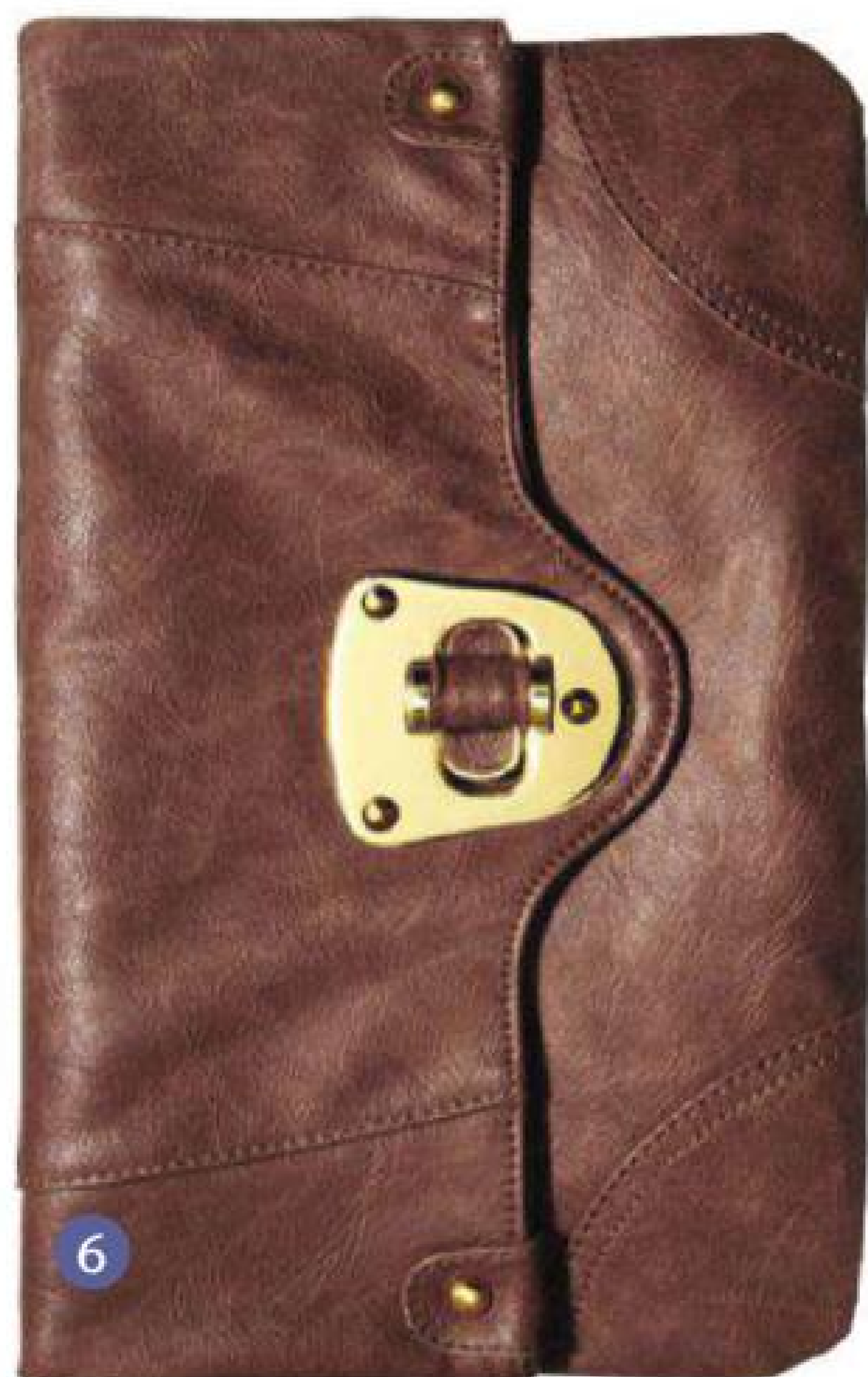
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UNDER \$50

THESE **CHIC** STEALS WILL MAKE YOU LOOK **COOL** AND HELP YOU SPEND **LESS**. RESOLUTIONS 1 AND 2, TAKEN CARE OF.



- 1 Animal print for a night out? Obviously. But also for turning your Saturday sweats into acceptable grocery-store attire. Fashion show on aisle 2! Trench, \$42; makemechic.com. 2 Our mothers all had lazy Susans, and they were useful, but mom-ular. This one is gorgeous! Raj lazy Susan, \$32; frenchbull.com. 3 Red-hot and romantic: what you want in a date night *and* a date-night top. Halter top, \$38; heartsoulusa.com. 4 A cuff that's 911 for those "Hmm, my outfit needs a little something" moments. Solrojo cuff, \$35; felicedee.com. 5 Take your famous homemade guacamole from kitchen to table in this beautiful bamboo set. Mortar and pestle, \$37.50; corebamboo.com. 6 Don't be surprised when Mrs. Richie Rich wants to know where you scored that amazing bag. Clutch, \$38; shopsueyboutique.com.

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UNDER \$50

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7 Wow him in a lace dress that has retro sex appeal (but won't trigger flashbacks to your *Like a Virgin* phase). Dress, \$24.80; forever21.com. 8 This delicate necklace proves that gorgeous fashion statements don't have to be THIS LOUD! Necklace, \$28; colourme.com. 9 A happy floral frock that won't seem out of place layered up with warm tights and sensible boots. Mark dress, \$40; meetmark.com. 10 Hone your pool skills during your next conference call... just rack 'em up quietly, please. Desk-size pool table, \$29.95; zgallerie.com. 11 What serious fashionistas dream of finding at the end of the rainbow. Bag, \$47; vietafashion.com. 12 Throw it around your neck for protection from the winter chills *and* the winter doldrums. Scarf, \$39.99; thepashminastore.com. 13 Add this to your shower routine: You'll glow from head to toe and smell fruity-delicious. Pomegranate salt scrub, \$25; aromafloria.com.



The rose gold tone looks sooo luxe



14 Because nobody wants to snuggle your alligator elbows. Ultra Repair Cream, \$28; firstaidbeauty.com. 15 A clutch worthy of the runway (or waving at your big sis, crooning “dontcha wish it were yours?”). Bag, \$19; amiclubwear.com. 16 Tie yourself with a ribbon! Necklace, \$49.95; fantasy jewelrybox.com. 17 Under a cardi, this is the subtle way to sparkle at work. LC Lauren Conrad tank, \$40; kohls.com. 18 Instant distraction from a slightly dirty ponytail. Earrings, \$49; madamemathilde.com. 19 Flats this cute make you want to perform a secret soft-shoe. Call It Spring oxfords, \$39.99; jcp.com. 20 This’ll pretty up a side table, even without daisies. Vase, \$32; leifshop.com. 21 Steal this guy-style secret: A jumbo metal watch makes you seem like a big spender even when you didn’t spend big. Watch, \$22.90; windsorstore.com. 22 This blend of Chantilly cream and musk is the scent equivalent of a cashmere wrap. White Musk Libertine eau de parfum, \$24 for 1 oz; thebodyshop-usa.com.

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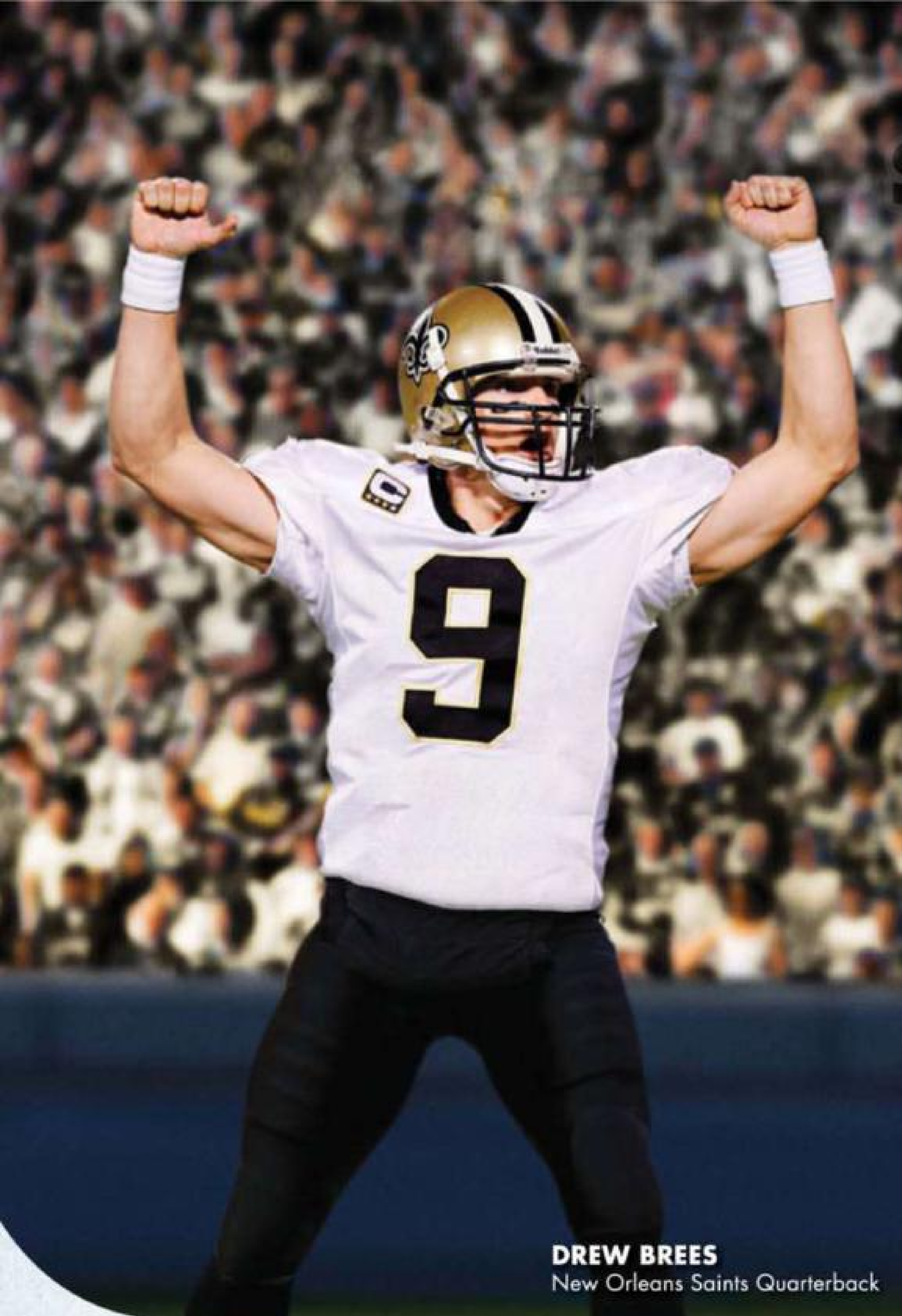
Check out
the super-cute
lining



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23 Quit frantically scrubbing cutting boards while you cook! This labeled set of four keeps everything prepping smoothly. Prep mats, \$12; kikkerland.com. 24 Pat on this pore-shrinking, shine-reducing facial gel and give your personal airbrusher the day off. Dr. Brandt Pores No More Pore Thing, \$45; sephora.com. 25 Brilliant under a blazer now; fantastic with shorts when the sun (please, Lord) finally returns. American Eagle Outfitters tank, \$34.50; ae.com. 26 This cute monkey will never tell you that you don't need another cookie. Cookie jar, \$34; urbanoutfitters.com. 27 One, two, buckle on these super-glam boots. Studio Paolo by JCPenney boots, \$49.99; jcp.com. 28 A jeweled cuff passed down by your great-great-aunt Doris, the '20s heiress, yes? Bangle, \$49.50; loft.com. 29 The peppy pattern inside this purse will soften the blow of having to pull out your wallet again. Bag, \$49; lulus.com. 30 Glitzy and rough-hewn: These look like something a Viking socialite would've worn. Rings, \$30 each; bettycarre.com.

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31 Rustic-chic booties for trompin' around the neighborhood. Breckelle's booties, \$17.50; makemechic.com. 32 Alert slow-moving pedestrians as you cycle by at NASCAR speeds. Bike bell, \$15.99; perpetualkid.com. 33 The plaid shirt that won't make you feel like a lumberjack. Susie Rose shirt, \$12; walmart.com. 34 These hand-painted appetizer plates will make pigs in a blanket seem like haute cuisine. Plate, \$10; jaysonhome.com. 35 Shield your peepers from snow glare in superstar style. Sunglasses, \$14; fredflare.com. 36 A beautiful, honking sparkler to make your heart go *whooooo*. Ring, \$12; shopthelook.net. 37 Between the polka dots and the Peter Pan collar, this is about the most adorable blouse we've seen. Top, \$19.80; forever21.com. 38 You little minx—even your wallet oozes sex appeal. Wallet, \$5; fivebelow.com for stores. 39 Calm your winter-hair grouchiness: This oil works as both a deep conditioner and a flyaway-smoother. Organix Renewing Moroccan Argan Oil Weightless Healing Dry Oil, \$7.99; ulta.com.

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40 Loaf around in hot pink. Mossimo flats, \$19.99; target.com. 41 A gleamy present for your earlobes. Simply Vera Vera Wang earrings, \$14; kohls.com. 42 Aww, we want to kiss this bangle too. Bracelet, \$5.95; hm.com for store locations. 43 Hand wash that looks as nice as your powder room does (or will, someday). Cypress and Pear hand wash, \$3.99; motifliving.com. 44 When it's time to celebrate your 39th birthday... again. Birthday candles, \$5; spoonsisters.com. 45 Like a cozy sweater for your hands. Faded Glory gloves, \$10; Walmart. 46 This twine turns brown paper into gift wrap fit for a domestic goddess. Twine, \$16; bhldn.com. 47 A soothing face wash that smells like a smoothie. Clean & Clear Morning Burst Fruit Infusions Hydrating Cleanser, \$6.99; drugstore.com. 48 Swipe on this tomato red when you're feeling saucy. Lipstick in Rio Rio, \$16; us.topshop.com. 49 This doorstop is a hoot. Cast-iron doorstop, \$9.99; worldmarket.com. 50 Finally, a bag that lets you have your *Dynasty* moment. Clutch, \$19; shop4sparkles.com.

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30 readers will each win a Conair Tools by John Frieda blow-dryer and flat iron. Value of set, \$100.

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Why you'll want to transfer your life into a chic, **structured bag**:

1 With their classic shapes and shiny hardware, these winners send you to work looking luxe, luxe, luxe (even when they're actually cheap, cheap, cheap).

2 Know how your current purse is like the Bermuda Triangle — stuff goes in and *never comes out*? A boxier shape with lots of pockets will fix that for good.

3 As SJP demonstrates here, a super-polished bag spreads cool style dust over any outfit, even a baggy sweater and jeans.

Sarah Jessica Parker looks sharp carrying that multicolored beaut.

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- 1 Michael Michael Kors, \$298; Select Michael Kors, 866-709-5677 for stores. 2 Forever 21, \$24.80; forever21.com. 3 Felix Rey, \$375; Henri Bendel. 4 Lulu's, \$39; lulus.com. 5 Urban Expressions Handbags, \$78; dkmaccessories.com. 6 IsaacMizrahiLive! for QVC, \$297; qvc.com. 7 Shop Suey, \$58; shopsueyboutique.com. 8 Ann Taylor, \$228; anntaylor.com. 9 Vieta, \$75; vietafashion.com. 10 J.Crew, \$348; jcrew.com. 11 Pour La Victoire, \$395; nordstrom.com. 12 Melie Bianco, \$96; meliebianco.com.

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1 Get all tough-girl

When paired with slick items (and some serious boots), the skirt goes from demure to Alpha Woman.

Scarf, Ash&Dans, \$66; ashanddans.com. T-shirt, Ann Taylor, \$29; anntaylor.com. Jacket, Worthington by JCPenney, \$42.99; jcp.com. Boots, Mia, \$89; mishoes.com. Bag, Michael Michael Kors, \$278; select Michael Kors, 866-709-5677 for locations.

L.L.Bean Signature, \$189; llbeansignature.com.



This pleated basic has the same **superpowers** as a black pencil skirt (polishes you up, goes with everything)—plus major swingy sex appeal. Here, **5** easy and fun ways to wear yours.

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2 Promote your work look

Give your dresses a rest! With a bright silky top and subtle jewelry, this is upper-management material.

Blouse, H&M, \$60; hm.com for store locations. Glasses, Warby Parker, \$95; warbyparker.com. Necklace, Bamboo pink, \$99; bamboopink.com. Belt, Banana Republic, \$60; bananarepublic.com. Cuff, Monet Jewelry, \$48; Macy's. Heels, Vince Camuto, \$118; vincecamuto.com.



Layer a vest over
a cardi for non-
bulky warmth



3 Put some pep in your prep

Mixing classic elements with a punch of color and some incredibly hip shoes is clean-cut—with a dose of awesome.

Watch, Timex, \$50; timex.com. Top, Club Monaco, \$130; Club Monaco, 212-459-9863 for store locations. Cardigan, Lauren by Ralph Lauren, \$199; ralphlauren.com. Vest, Nautica, \$90; nautica.com. Bag, Iman Platinum Collection, \$296; hsn.com. Booties, Loft, \$100; loft.com.



4 Take it on the town

Use sparkly pieces to bring out the skirt's party-girl side.

Earrings, Shop Design Spark, \$44.99; shopdesignspark.com. Top, Fashion Bug, \$32.99; fashionbug.com. Clutch, ShoeDazzle, \$39.95; shoedazzle.com. Heels, Pelle Moda, \$170; dillards.com.



5 Keep it funky-cozy

Your weekend standards (denim shirt, chunky sweater) suddenly feel so elevated. Dinner at your pal's country house? Brunch in the city? You're set.

Shirt, Levi's, \$58; levi.com. Sweater, American Eagle Outfitters, \$60; ae.com. Boots, Cape Clogs, \$225; capeclogs.com. Bag, Sas Handbags, \$135; bodchristensen.com.



Storemags.com

WHAT WOULD *Kourtney Kardashian* DO?



PLAYDATE

She uses a sharp jacket and boots to make comfy mom basics snap to.



PARTY

KK tempers über-girly clothes with strong, modern accessories.



POSH

She loves a mix of fancy fabrics and tough leather.

Steal Kourtney's look: Feminine yet supremely cool, she's the Kardashian sister with style you can wear.



■ Sleek, preppy go-withs lend polish to slim jeans and a tee. Necklace, \$295; charlottelu.com. Jacket, Tulle, \$91; lulus.com. T-shirt, Jockey Staycool, \$21; jockey.com. Boots, Ciao Bella, \$159; macys.com. Jeans, \$29.75; aeropostale.com.

■ Ruffles make this outfit sweet; heels make it sexy. Top, Jaclyn Smith Collection, \$19.99; kmart.com. Skirt, \$39.95; hm.com for store locations. Heels, \$23; amiclubwear.com. Earrings, \$74 with discount (see below); nissajewelry.com. Bracelet, \$44; k-amato.com. Clutch, Vieta, \$65; vietafashion.com.



■ Just add tights to look cute when it's cold. Hat, \$14.99; payless.com. Dress, 213 Industry, \$88; diamondsandpearl.com. Jacket, INC International Concepts, \$140; macys.com. Belt, Skinny by Jessica Elliot, \$70; skinnystyle.com. Boots, \$219; ninewest.com.



Nothing's better than a versatile bag



Get Kourtney's exact earrings for 25% off when you use the discount code REDBOOK

KARDASHIAN, FROM LEFT: GETTY IMAGES, CWNV/FAME PICTURES, JASON WEBBER/SPLASH NEWS. STILLS: PHOTOGRAPHED BY CHRISTOPHER COPPOLA/STUDIO D. STYLISTS: PHYLLIS BAKER AND STELLA REY FOR MARK EDWARD INC.

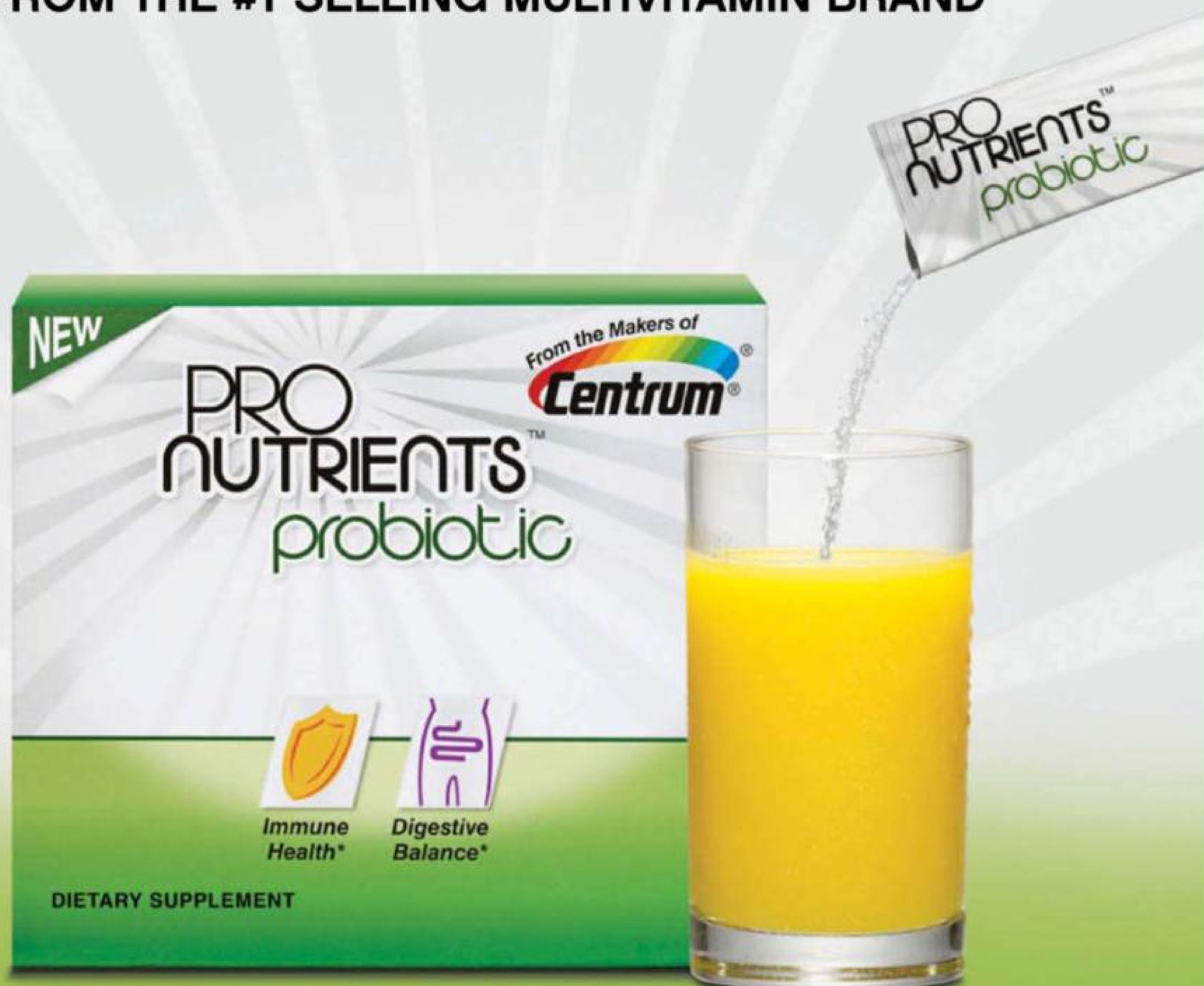


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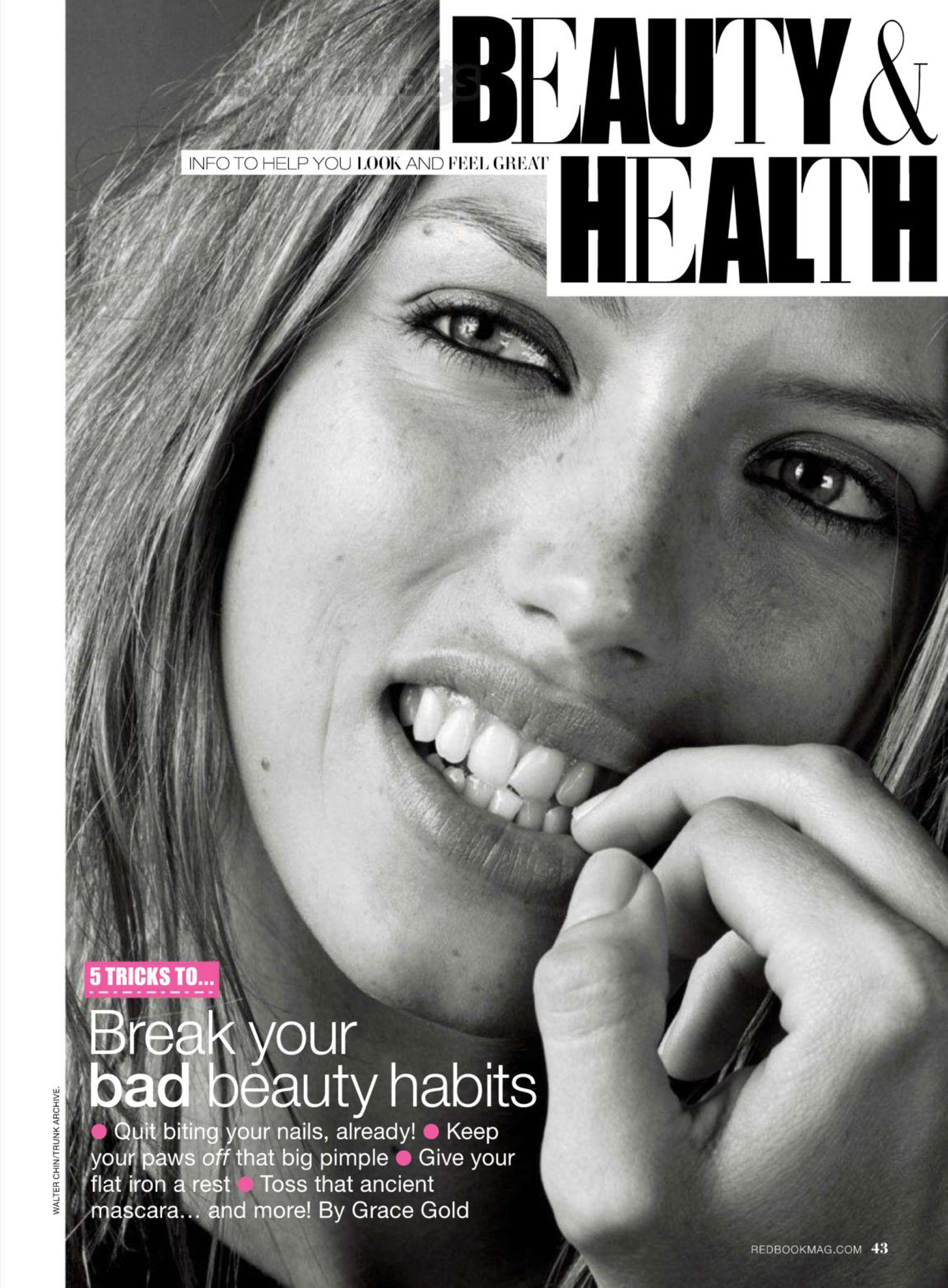
IT'S
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BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

5 TRICKS TO...

Break your bad beauty habits

● Quit biting your nails, already! ● Keep your paws off that big pimple ● Give your flat iron a rest ● Toss that ancient mascara... and more! By Grace Gold

1 YOU RARELY — OKAY, NEVER — CLEAN YOUR MAKEUP BRUSHES

“Bristles collect a *lot* of bacteria, which can lead to clogged pores,” says product developer Trae Bodge of Three Custom Color Specialists. Our no-more-excuses solution: a spray-on sanitizer like Clinique Makeup Brush Cleanser (right), \$13, or wipes like Sephora Make Up Brush Cleansing Wipes, \$9. Both instantly kill germs. Clean your most-often-used brushes once a week if your skin is oily or combination, and twice a month if skin is dry, says Bodge.



4 You're wearing makeup purchased during the Bush administration

“If a makeup formula starts to crack or separate, or the color seems muddy or uneven on your skin, toss it,” says cosmetic chemist Jim Hammer, who adds that expired makeup often harbors bacteria that can lead to eye infections or skin breakouts (ack!). Here's when to restock...

■ **Mascara:** It has the shortest shelf life, because the wand carries bacteria back into the tube with every use. Replace it every three months.

■ **Creams (including shadows, blushes, concealers, and foundations) and glosses:** These formulas all contain a lot of water, which makes them magnets for germs. Replace every six months.

■ **Powders and sealed, unopened makeup:** Powder makeup can trek on for up to two years, thanks to low moisture levels. Ditto for unopened makeup that's been stored in a cool, dry place.

■ **Lipstick:** It's good for up to a year. “But if the formula feels dry or hard, it's conking out,” says Hammer.

3 When you have a honking zit, you attack it

As tempting as it is, resist the urge to pop, says Jeannette Graf, M.D., an assistant clinical professor of dermatology at Mount Sinai Medical Center in New York City. “Squeezing a pimple can make the skin red for days afterward, and even cause a scar.” Instead, put ice in a paper towel, hold it on the spot for several minutes, then remove for one minute; repeat this a few more times. “This shrinks the cyst and shortens its duration,” says Graf. Then, dab on an acne treatment containing salicylic acid and (if you can't stand the sight of it) a bit of thick, creamy concealer.

2 You torture your hair daily

● **Take a break from style by fire!** “Blow-dryers and hot tools fry hair and fade color,” says hairstylist Tommy Buckett, whose clients include Emma Stone and Molly Shannon. “If you can avoid putting heat on your hair just one day a week, it'll do wonders to improve its health.”

● **Don't skip conditioner.** A Procter & Gamble-commissioned study found that 71 percent of women feel that conditioner sometimes weighs down their hair, but “even pixie-short hair needs nourishment,” Buckett says. If you're a dodger because you fear it'll flatten your style, try Pantene's new Aqua Light Conditioner (right), \$3.99. It contains half the amount of silicone of most conditioners and rinses out nine times faster, so no heavy buildup.



A little less blow-drying will go a long, healthy way.

5 You gnaw on your nails

“Nail biting is a form of self-comfort,” says clinical psychologist Mary C. Lamia, Ph.D. These soothing strategies have helped her patients quit: When you feel the urge to nibble, massage your hands or rub a lotion on them that's scented with a smell you love. “This interrupts the emotional cycle that triggers biting,” she says. So does grabbing your guy's hand, since “it calms the anxiety,” says Lamia. Nice for him, too!

StoreMags



Unilever

THE TRUE MEASURE OF
HEALED SKIN IS NOT THINKING
ABOUT SKIN AT ALL

VASELINE. NEVER STOP CARING.

Vaseline Intensive Rescue lotion with Stratys 3 multi-layer moisture relieves dry skin after 1 use and hydrates to help heal it within 3 days, so you're ready for the moments that matter most.

Available in 10 oz size only - product will be available in all sizes starting January 2012.



8 LUSH FINDS THAT'LL BEAT THE WINTER BLAHS



1 Your new eye trick Use one of these soft, sheer shadows to create a gorgeously subtle gleam. For more striking color, wet your brush first. Limited-edition Estée Lauder Pure Color Gelée Powder EyeShadows in (from left) Cyber Pink, Cyber Teal, and Cyber Silver, \$24 each.

2 Dream cream It quenches skin with shea butter and avocado oil, and protects against free-radical damage with antioxidants. Bonus: A dot goes a long way, so this tube will last. Malin+Goetz Replenishing Face Cream, \$72.

3 The perfect purple Dark nail polish isn't going anywhere, so embrace the trend with this elegant eggplant. It's sultry, but stays just this side of vampy. Daphne Guinness for MAC Nail Lacquer in Blueblood, \$15.

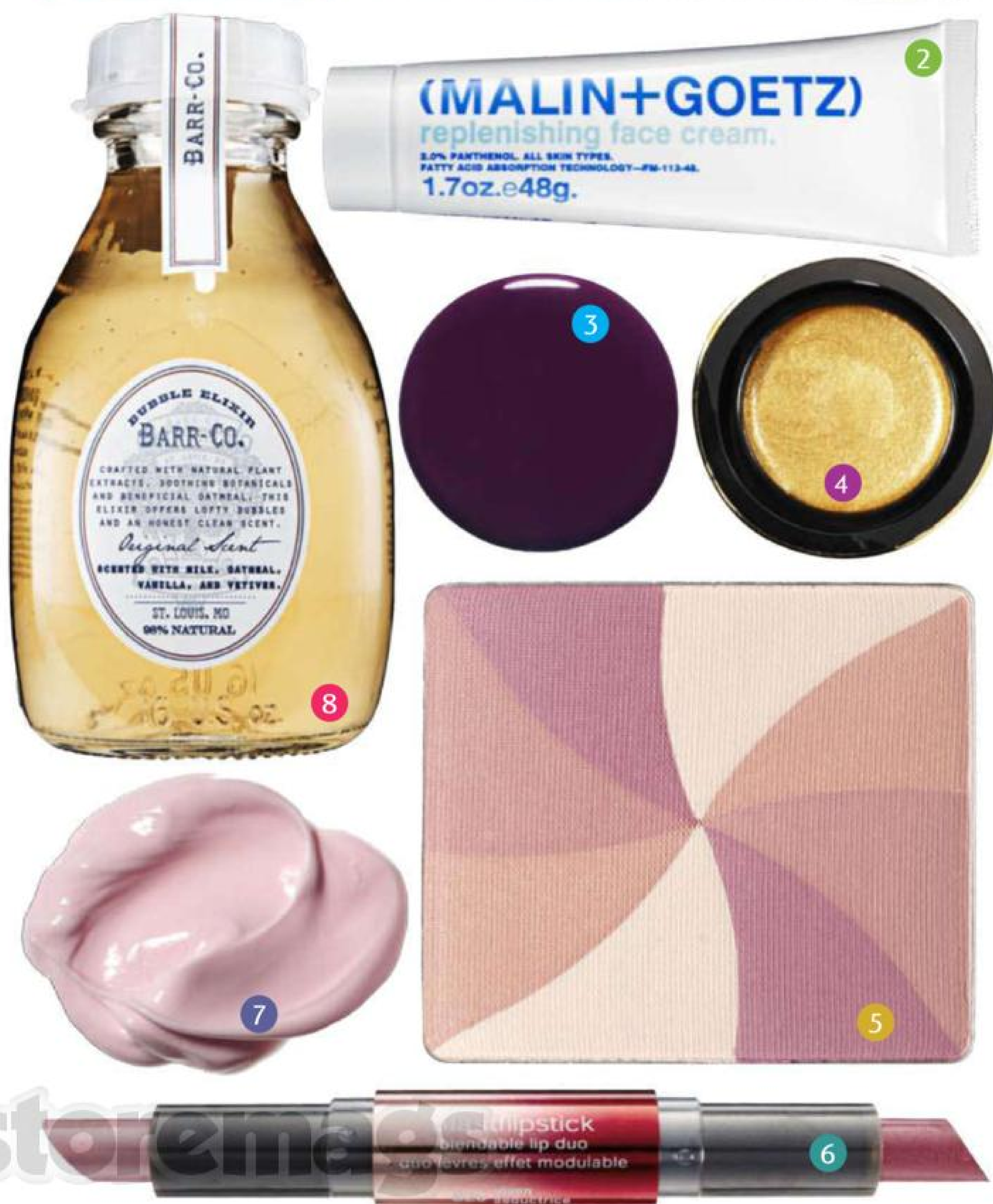
4 Instant hair glamour In the jar, this gold-flecked pomade looks crazy flashy. But rub a dab between your hands, then through your ends or over a ponytail, and all you see is a sexy, glistening, piece-y finish. Oribe Hair Care Gold Pomade, \$49.

5 Prescription for January skin Swirl a brush in this flattering-on-everyone combo of pink and peach powders, brush onto cheeks, and smile at your healthy reflection in the mirror. Benefit Hervana face powder, \$28.

6 3x the lipcolor A lipstick with a pale pink color on one end and a deep watermelon on the other is smart. Formulating them so they also combine to create the ideal bright pink? That's *genius*! CoverGirl Blastflipstick Blendable Lip Duo in Vixen, \$8.49.

7 Nix the nicks Rich emollients like olive butter and vitamin E fix up scaly legs fast. Skintimate Moisturizing Cream Shave Dry Skin, \$3.99.

8 The ultimate soak Pour this bath gel—which is made from 98 percent natural ingredients and smells like baby-clean skin—into a warm tub and sink into a personal sea of tranquility. Barr-Co. Bubble Elixir, \$30.



PHOTOGRAPHED BY GREG MARINO/STUDIO D.

Do any of these overactive bladder symptoms sound familiar?



Once I get the sudden urge to go to the bathroom, I can't wait.

YES ☐ NO ☐

I worry I might accidentally leak and sometimes wear pads.

YES ☐ NO ☐



Sometimes my bladder symptoms get in the way of things I like to do.

YES ☐ NO ☐

I've had enough, and I'm ready to do something about my urges and leaks.

YES ☐ NO ☐



If you answered "YES" to any of these, talk to your doctor about your symptoms and whether or not VESicare may be right for you.

Only your doctor can determine if you have overactive bladder. Once-daily VESicare is proven to treat overactive bladder with symptoms of frequent urges and leaks.* That's because it can help control your bladder muscle, day and night. So ask your doctor about taking care with VESicare.

*Results may vary.

USE AND DOSE

VESicare is for overactive bladder with symptoms of urgency, frequency, and leakage. The recommended dose of VESicare is 5 mg once daily. If the 5-mg dose is well tolerated, your doctor may increase the dose to 10 mg once daily.

IMPORTANT SAFETY INFORMATION

VESicare is not for everyone. If you have certain stomach or glaucoma problems, or trouble emptying your bladder, do not take VESicare. VESicare may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat or tongue, stop taking VESicare and get emergency help. Tell your doctor right away if you have severe abdominal pain, or become constipated for three or more days. VESicare may cause blurred vision, so use caution while driving or doing unsafe tasks. Common side effects are dry mouth, constipation, and indigestion.

Please see Important Patient Information on the following page.

FIRST 30-DAY PRESCRIPTION FREE[†]
at vesicare.com, or call (800) 403-6565.

[†]Subject to eligibility. Restrictions may apply.

To learn about financial assistance programs for VESicare, please call Astellas Reimbursement Services at 1-800-477-6472 or go to www.astellasreimbursement.com.

VS2749R0/011B-053-3074



Take care with
VESicare[®]
(solifenacin succinate)
tablets

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



Brief Summary based on FDA Approved Patient Labeling

VESicare® (VES-ih-care) (solifenacin succinate) tablet

Read the Patient Information that comes with VESicare before you start taking it and each time you get a refill. There may be new information. This summary does not take the place of talking with your doctor about your medical condition or treatment.

What is VESicare?

VESicare is a prescription medicine for **adults** used as treatment for symptoms of a condition called **overactive bladder**:

- Urgency: a strong need to urinate right away
- Leakage: leaking or wetting accidents—also called “urinary incontinence”
- Frequency: urinating often

It is not known if VESicare is safe and effective in children.

What is overactive bladder?

Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often, or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESicare?

Do not take VESicare if you:

- are unable to empty your bladder (urinary retention)
- have delayed or slow emptying of your stomach (gastric retention)
- have an eye problem called “uncontrolled narrow-angle glaucoma”
- are allergic to solifenacin succinate or any of the ingredients in VESicare.

What should I tell my doctor?

Before taking VESicare, tell your doctor if you:

- have any stomach or intestinal problems or problems with constipation
- have trouble emptying your bladder or you have a weak urine stream
- have an eye problem called “narrow-angle glaucoma”
- have kidney or liver problems
- have a rare heart problem called “QT prolongation”
- are pregnant or plan to become pregnant. It is not known if VESicare will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if VESicare passes into your breast milk. You and your doctor should decide if you will take VESicare OR breastfeed.

Tell your doctor about all the medicines and supplements you take.

This includes prescription and nonprescription medicines, vitamins, and herbal supplements. VESicare may affect the way other medicines work, and other medicines may affect how VESicare works.

How should I take VESicare?

Take VESicare exactly as your doctor tells you to take it.

- Take 1 VESicare tablet 1 time a day.
- Take VESicare with water and **swallow the tablet whole**.
- You can take VESicare with or without food.
- If you miss a dose of VESicare, begin taking VESicare again the next day. Do not take 2 doses of VESicare the same day.
- If you take too much VESicare, call your doctor or go to the nearest hospital emergency room right away.

What should I avoid while taking VESicare?

VESicare can cause blurred vision or drowsiness. Do not drive or operate heavy machinery until you know how VESicare affects you.

What are the possible side effects of VESicare?

VESicare may cause serious side effects including:

- **Serious allergic reaction.** Stop taking VESicare and get medical help right away if you have:
 - hives, skin rash or swelling
 - severe itching
 - swelling of your face, mouth or tongue
 - trouble breathing

The **most common side effects** of VESicare include:

- dry mouth
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- urinary tract infection
- blurred vision
- heat exhaustion or heat stroke. This can happen when VESicare is used in hot environments. Symptoms may include:
 - decreased sweating
 - dizziness
 - tiredness
 - nausea
 - increase in body temperature

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of VESicare. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How should I store VESicare?

- Keep the bottle closed.
- Store VESicare at 59°F to 86°F (15°C to 30°C).
- Safely throw away medicine that is out of date or that you no longer need.

Keep VESicare and all medicines out of the reach of children.

General information about VESicare.

Medicines are sometimes prescribed for purposes other than those listed in the Patient Information. Do not use VESicare for a condition for which it was not prescribed. Do not give VESicare to other people, even if they have the same symptoms you have. It may harm them.

This is a summary of the most important information about VESicare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESicare that is written for health professionals.

For more information, visit www.vesicare.com or call (800) 727-7003.

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Norman, Oklahoma 73072

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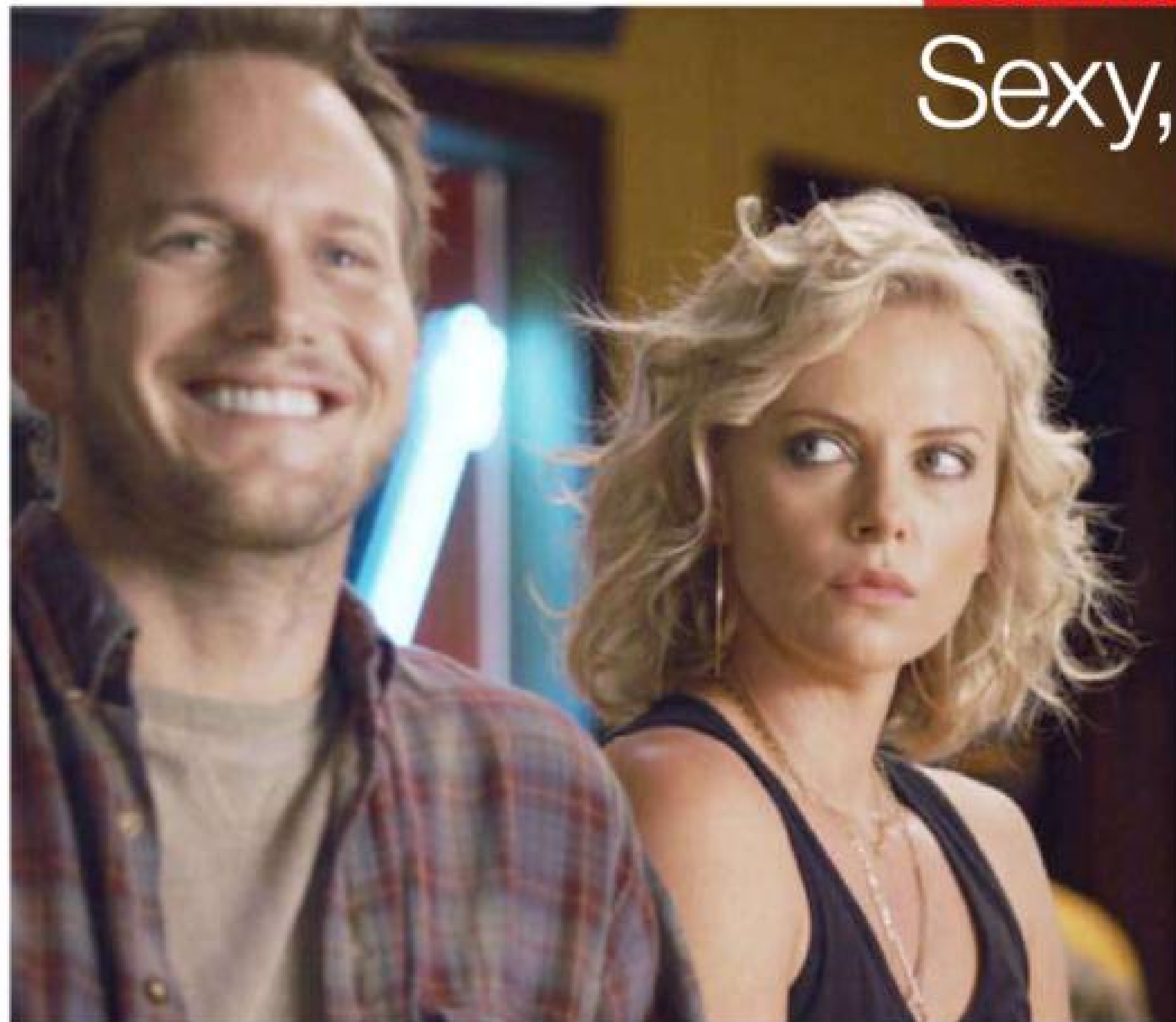
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SCREEN GRAB

Sexy, Charlize-style



In the new film *Young Adult*, Charlize Theron plays a writer who hatches a plan to win back her high school flame. Her sultry look is easy to copy—because she did it herself! (Okay, with some guidance from makeup artist Nuria Sitja and hair-stylist Mandy Lyons.) Here's how:

Notice-me eyes: First, Charlize lined her eyes, top and bottom, with black pencil. For a smoky effect, she brushed a charcoal shadow over the pencil, gunmetal gray in the creases, and silver from the creases to the brow bones. To finish: lots of thickening mascara.

Soft cheeks and lips: The actress swept taupe face powder under her cheekbones and a natural-looking peach blush on the apples. She filled in her lips with a beige lip pencil.

Wild curls: Lyons misted Charlize's damp hair with styling spray and blow-dried it, then together they curled it haphazardly with a one-inch iron to give it a D.I.Y. feel.

—KAYLEIGH DONAHUE



Clockwise from top: Dior 5-Couleurs Eyeshadow Palette in Gris-Gris, \$59; Tarte Amazonian Clay Pressed Mineral Powder in Medium, \$30; Elizabeth Arden Color Intrigue Cheekcolor in Peach Sorbet, \$22; Bumble and Bumble Styling Lotion, \$25.



"MY SECRET HAIR WEAPONS"

Hairstylist David Babaii, who gussies up stars like Angelina Jolie and Gwyneth



Babaii used Couture Colour Pequi Oil on Gwyneth's hair at the 2011 Emmys, above.

Paltrow, shares his essentials.

AN IONIC HAIR-DRYER "It shortens drying time and delivers heat evenly to help reduce damage," says Babaii. Get one with 1,800 or higher wattage, an AC motor, and a cool-air button for shine. Try the Hot Tools Bella 2000 dryer, \$90.

A BOAR-BRISTLE ROUND BRUSH "When blow-drying, the boar bristles help distribute your scalp's oils, which boosts shine," he explains. We like the Conair Gel Grip boar bristle round brush (above), \$4.99.

A LIGHTWEIGHT HAIR OIL "A few drops make every hair type look instantly healthier." Babaii's fave: Couture Colour Pequi Oil (left), \$32.

—KRISTA BENNETT DEMAIO



MOVIE STILL: COURTESY OF PARAMOUNT PICTURES. PALTROW: CONNOLLY: WIREIMAGE/GETTY IMAGES. BUMBLE AND BUMBLE, JURLIQUE, KIEHL'S: COURTESY OF MANUFACTURERS. ALL OTHER PRODUCTS: PHOTOGRAPHED BY GREG MARINO/STUDIO D.

5-MINUTE FIX

De-puff exhausted eyes

Movie stars are just like us! They suffer through 6 a.m. wake-up calls—and the puffy eyes that come with them. Here's how makeup artist Molly R. Stern, who works with Reese Witherspoon and Jennifer Connelly, deals: "First, soak cotton pads in a facial mist containing anti-inflammatory rosewater or aloe vera, and place them on eyes for five minutes," she says. Next, pat on an eye balm containing skin-tightening caffeine. "Skip concealer," she says; anything brightening will accentuate bags. Instead, sweep a matte eyeshadow a shade or two darker than your skin on lids and under bottom lashes. —K.B.D.



Stern's eye-soothing program, from left: Jurlique Rosewater Mist, \$31; Kiehl's Facial Fuel Eye De-Puffer, \$18.50; Nars Blondie Single Eyeshadow, \$23.



DO ONE THING, LOOK YOUNGER

PUT MILK IN YOUR COFFEE

You don't have to choose between the coffee you need to survive the day and the white teeth that knock years off your appearance. According to New York City cosmetic dentist Jeff Golub-Evans, "If you add milk with at least 2 percent fat to your coffee, or have a milky drink like a latte or cappuccino, you'll get fewer teeth stains." The reason: Milk's large molecules wrap around coffee's dark pigments, helping to prevent them from sticking to your teeth. Nice... um... perk! —KAYLEIGH DONAHUE

Just as **good** as the \$100 product!

How does an under-\$20 anti-aging moisturizer stack up against a similar cream five times its price?

To find out, we tested Physicians Formula Deep Wrinkle Corrector Day & Night Cream (at right), \$16.97, against a \$100 option. First, we got an expert's take: "The Physicians Formula cream contains peptides, a proven wrinkle reducer, and alpha hydroxy acids, which help to get rid of spots," says Francesca Fusco, an assistant clinical professor of dermatology at Mount Sinai School of Medicine in New York City. "The \$100 cream contains equally good anti-aging ingredients, along with ones that give it a luxurious texture." Next, a REDBOOK staffer in her mid-40s blind-tested both creams, applying one to each side of her face every night for four weeks. Both softened her fine lines and boosted her skin's radiance: "Even my husband noticed!" she says. Our verdict? The pricey cream felt silkier and smelled prettier, but based on results alone, the Physicians Formula moisturizer delivered way more than we bargained for. —K.D.



Only \$16.97

DO I NEED A NECK CREAM?

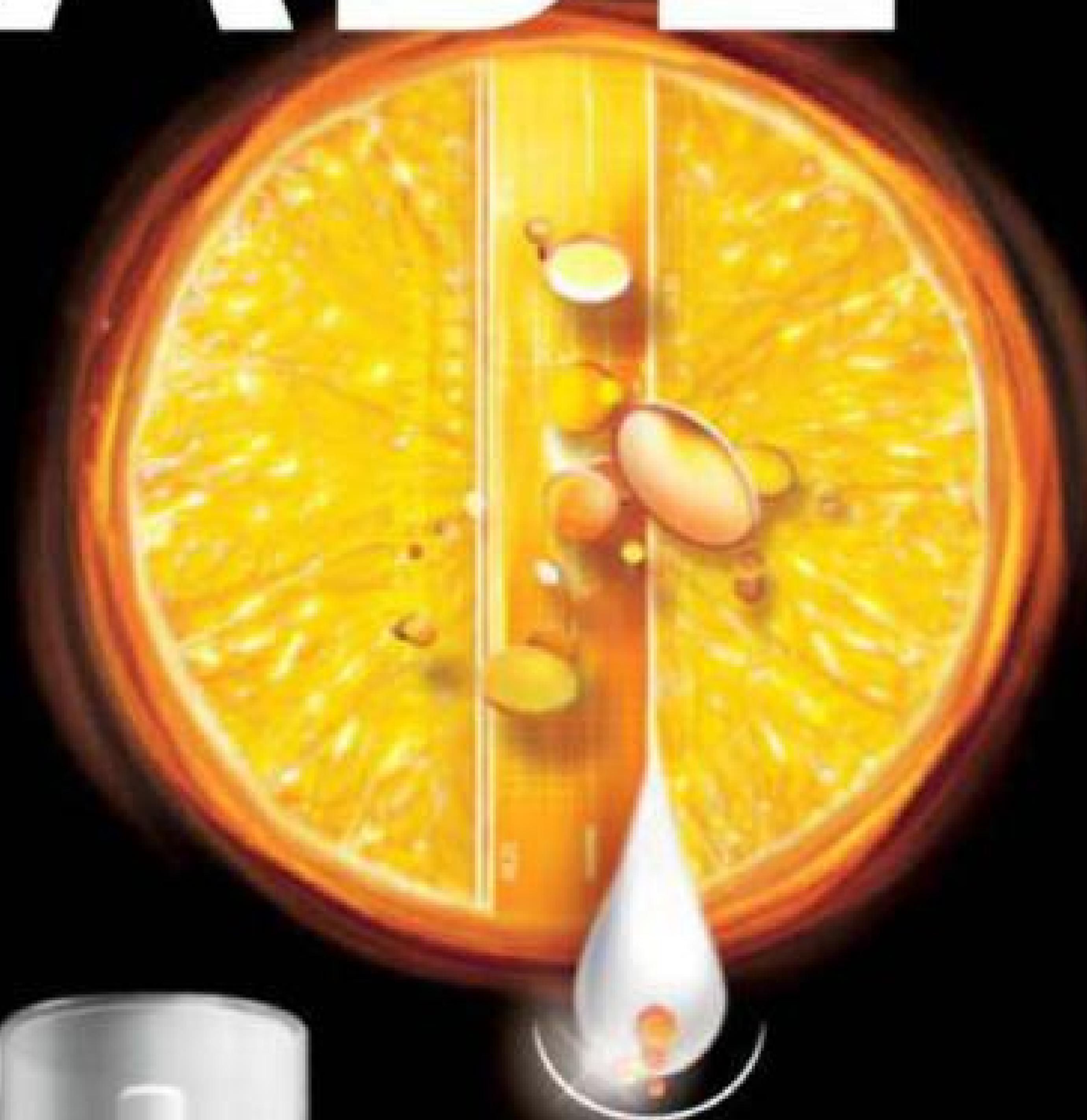


If your skin is hyper-sensitive, then yes. If not, your daily anti-aging moisturizer or treatment should suffice. "The skin on your neck is typically drier and more sensitive than that on your face, so neck creams are designed to be gentler and more emollient," explains dermatologist Doris Day, M.D., author of *Forget the Facelift*. "Spread your face moisturizer onto your neck for a few nights; if you experience any redness or itching, you may want to switch to neck cream," she says. But no matter what you use, make sure you apply *something* containing anti-aging ingredients there every day, since, says Day, neck skin ages faster than your face. Tick tock! —FIORELLA VALDESOLO

CLOCKWISE FROM TOP LEFT: JACKANDERSEN/GETTY IMAGES, GREG MARINO/STUDIO D, ERICKA MCCONNELL

NEW

SEE SPOTS? SEE SPOTS FADE



PURE
POTENT
VITAMIN C

breaks up spots
lifts them away

VISIBLE
PROOF

82%

of women saw
a reduction in
dark spots and
age spots*

GARNIER

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Clinical

Daily
Moisturizer



**YOUR VIRTUAL
SPOT CORRECTOR**

for personalized results, upload a
photo at garnierUSA.com/darkspot

*In a consumer study after 12 weeks.

storemags Take care.
GARNIER

Don't let winter make you look old

Cold temps and dry heat can do a number on your skin. Put the kibosh on those nasty little wrinkles with these tricks.

1. SWITCH TO CREAMIER SKIN CARE “Almost everyone needs extra moisture in the winter,” says Mary Lupo, M.D., a clinical professor of dermatology at Tulane Medical School in New Orleans. When the air is cold and dry, water and oil levels in skin plummet, making wrinkles appear worse and skin seem worn. One surefire way to look softer and smoother: Use a creamy face wash, which is less drying than a foaming formula (try Origins Pure Cream cleanser, \$19.50). Super-parched? Skip cleanser altogether in the morning; instead, mix a little moisturizer with warm water, massage it into your skin, and tissue it off. Then apply a rich cream packed with skin-quenching ingredients like essential fatty acids, linoleic acid, or ceramides, like CeraVe Moisturizing Cream, \$14.99.

2. EXFOLIATE THE YEARS AWAY “When you regularly get rid of dead skin cells, your face looks dewier and more even,” says Lupo, who recommends using a scrub with round beads (not granules, which can scratch) once a week. Try Vichy Pureté Thermale Purifying Exfoliating Cream, \$17.50. But be careful: If you're Asian or African-American, scrubs can trigger dark spots; instead, use a daily moisturizer containing lactic acid, which gently dissolves dead cells without sending your skin's pigment into overdrive. We like Avène Cleanance K Cream-Gel, \$22.

3. SKIP THE HOT WATER We know, we know, it feels great on bone-chilling days. But it also strips away your skin's winter defenses. “The hotter the water you wash with, the more it dehydrates skin. Worse yet, it wears down its outer layer,” Lupo says. When that happens, your face is more susceptible to inflammation, which speeds up the aging process. That should be incentive enough to keep your sink and shower water at lukewarm—but if having a pair of fuzzy bunny slippers waiting helps too, so be it!

4. REHYDRATE ALL NIGHT LONG No, you don't have to wake up in the night to put on more cream—just get a humidifier and keep it by your bed. “Indoor heat sucks a lot of water from your face, especially while you're sleeping, which is when skin's moisture levels dip to their lowest point,” says Lupo.

5. KEEP WEARING SUNSCREEN! Don't let your common sense go into hibernation: “UVA rays, which age skin and can lead to cancer, are just as strong in the winter as they are in the summer,” Lupo points out. “Plus, if you're out in the snow, its reflective quality makes them worse.” Bottom line: Protect any exposed skin—your face, neck, and hands—every day with a broad-spectrum sunscreen that's SPF 30 or higher.

6. MAKE A SOOTHING TEA MASK Flushed, windburned cheeks are cute on your kid—but less so on you, and not just for aesthetic reasons. Red or inflamed skin kicks the aging process into high gear (yes: *yikes*). To calm everything down, Lupo suggests this D.I.Y. remedy: Brew a pot of chamomile tea, which helps to constrict blood vessels and reduce redness. Chill it in the fridge for an hour, then dip a washcloth in it and lay it over your clean face until the cloth warms to room temperature. Rinse with cool water, then moisturize.

7. EASE UP ON SUGAR You don't have to relinquish sweets entirely—we're not *that* mean—but cutting back on refined sugars can do wonders for your skin. “Reduce your intake of candy, regular soda, wine and sugary cocktails, and processed starchy foods like white bread and pasta,” Lupo says. “They cause an inflammatory reaction in the body that adds years to your face.” Bonus: You'll cut down on your winter spare tire, too. —FIORELLA VALDESOLLO



Does depression hold you back from what you enjoy?

Depression is a serious medical condition that can take so much out of you. It can make you feel sad, helpless and uninterested in your favorite activities.

SOMETIMES DEPRESSION CAN MAKE YOU FEEL LIKE YOU HAVE TO WIND YOURSELF UP.

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Important Safety Information About PRISTIQ

Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, low sodium levels in your blood
- Have or had bleeding problems
- Have or had depression, suicidal thoughts or behavior
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Important Risk Information for PRISTIQ on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

IMPORTANT FACTS ABOUT



(pris•teek')
Pristiq® -
(desvenlafaxine)
Extended-Release
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- trouble sleeping (insomnia)
- attempts to commit suicide
- new or worse depression
- acting aggressive, being angry or violent
- new or worse anxiety
- acting on dangerous impulses
- feeling very agitated or restless
- an extreme increase in activity and talking (mania)
- panic attacks
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- history of stroke
- have or had depression, suicidal thoughts or behavior
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic

Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines. Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).**

Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- abnormal dreams
- nausea
- tiredness
- headache
- irritability
- diarrhea
- sleeping problems (insomnia)
- sweating
- anxiety

Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

- **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- diarrhea
- headache
- vomiting
- dry mouth
- loss of appetite
- sweating
- sleepiness
- tiredness
- insomnia
- decreased sex drive
- constipation
- delayed orgasm and ejaculation
- anxiety
- tremor
- feeling that your surroundings are spinning or moving
- dizziness
- dilated pupils

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.





I suddenly have little **hairs** around my chin and upper lip. Help!

Give facial fuzz the kiss-off with these pro tricks.



A THE DERMATOLOGIST SAYS:

"Facial hair can be caused by a shift in hormones, but often it's genetic and can occur at any age. If your hairs are fine or light-colored, ask your doctor for a prescription for Vaniqa, which is FDA-approved to treat facial hair.

Fredric Brandt, M.D., founder of the Dermatology Research Institute in Coral Gables, FL, and author of *10 Minutes, 10 Years: Your Definitive Guide to a Beautiful and Youthful Appearance*

Applied daily, it can reduce growth by up to 75 percent after four to eight weeks, though you have to continue using it to keep regrowth at bay." If you have thick, dark fuzz that makes you miserable, temporary fixes like waxing and depilatories may not seem like enough, says Brandt. For a more permanent—though far pricier—solution, he suggests seeing a dermatologist about laser treatments, which cost about \$500 a pop (and most people need at least four): "These zap the hair follicles so they produce dramatically fewer hairs."



A THE WAX SPECIALIST SAYS:

"It's easy to wax facial hair yourself, and the results last about four weeks—just as long as a professional job. Heated wax works best. First, cleanse and exfoliate the area, pat skin dry, and dust on face powder—wax won't adhere to damp skin." Next, smooth on wax in the direction of the hair growth. "Press on the muslin strip, wait 10 seconds, then pull it off in the opposite direction,"

Cindy Barshop, founder and owner of Completely Bare spas in New York, Los Angeles, Atlanta, and Dallas

says Barshop. Tweeze—don't re-wax—any strays, and ice skin immediately afterward to avoid inflammation. To prevent bumps, swipe a salicylic-acid toner on skin once a day for a week. Also, Barshop warns, if you're on a prescription retinoid, which thins the skin, stop using it a week before you wax. (You can start it again the day after waxing.)



A THE SKIN-CARE SCIENTIST SAYS:

"If your skin is very sensitive, try a depilatory cream instead of waxing. These alter your skin's pH level to loosen hairs from the follicles. Use only a facial depilatory cream; ones designed for the bikini area are made for

coarser hair and are too harsh here." Apply on clean skin for no longer than the instructions say (usually six to eight minutes), then towel it off. Results last up to two weeks. If you use a prescription retinoid, Johnson Wilkerson advises stopping for four days beforehand to avoid a reaction. (Resume use after the treatment.) "And since depilatories work at a high pH level, they can make skin dry or a bit touchy," she says. "So use a soap-free face wash and a rich moisturizer, and avoid highly fragrant skin care for a few days."

—CRISTINA MUELLER

SMOOTH OPERATORS



Vaniqa is prescribed in a 1-ounce tube; each costs about \$100 and lasts 1 to 2 months.



Tweezerman Slant Tweezer in Signature Red, \$20.



Biore Triple Action Astringent, \$8.49, contains salicylic acid to ward off bumps post-wax.



Olay Smooth Finish Facial Hair Removal Duo, \$24.99, comes with a pre-depilatory balm to help prevent irritation.



Eucerin Redness Relief Soothing Night Creme, \$14.99, is fragrance-free and has skin-calming licochalcone.

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Wake up so refreshed you can switch to decaf! Hey, a girl can dream.

Gadgets for a better night's sleep

Yawn if you relate: Two thirds of Americans say they don't get enough shut-eye, according to the National Sleep Foundation. But a slew of new high-tech sleep trackers promise to clue you in to what's sabotaging your rest. We asked a few weary women to pillow-test them for a week.

THE ZZZITUATION: "I lie awake forever." —HOLLY HAYS, 35

THE GADGET: The Zeo (\$150; MyZeo.com), a computerized headband worn at night. "After I uploaded info from the headband to Zeo's website, I got an email saying that having a late dinner and watching TV before bed may have kept me awake. So I tried eating earlier and reading; by the end of the week, I nodded off in five minutes!"

THE ZZZITUATION: "I fall asleep quickly, but a leaf drops in the backyard and I'm up." —ELIZABETH SHIPLEY, 40

THE GADGET: The WakeMate (\$60; wakemate.com), a wristband that records movement during sleep and wirelessly uploads results to its website. "It tracked me waking up multiple times per night—I had no idea!" says Elizabeth, who figured out solutions on her own: "I realized that stress-inducing stuff, like looking at bills before bed, makes me restless. Now I do stretches and breathing exercises, and I'm sleeping more soundly."

THE ZZZITUATION: "I get nine hours of sleep, but in the morning I'm still so tired." —MAYA DALIO, 37

THE GADGET: The Lark (\$100; lark.com), another wristband that picks up movement as you sleep and automatically uploads data. "The feedback was inconsistent," Maya says. "One morning it told me I had woken up 16 times and that I'd slept 'very well.'" (What the device didn't tell Maya is that waking up multiple times and still feeling tired after hours of sleep are classic symptoms of sleep apnea.)

SO, DO YOU NEED ONE? Although these gadgets clue you in to sleep issues, they're not essential. Stress less, cut down on coffee, and avoid TV and work right before bed. Trust us, you'll feel better in the morning.



DO THIS RIGHT NOW:

Wipe down your dishwasher!

You'd never think that a cleaning appliance could be so icky, but 62 percent of dishwashers in a recent study were contaminated with mold, yeast, and other types of fungi, which may trigger reactions like wheezing. The fix: Twice a week, clean the seal around the door with a disinfectant wipe—that's the area where fungi are less likely to be killed by detergents and high temps. —CHRISTINE RICHMOND

MAN MEDICINE

I heard that men should no longer get the PSA blood test to screen for prostate cancer. Should I actually discourage my hubby from getting checked?

Not necessarily. Here's the deal: The option for men to have a PSA (prostate-specific antigen) test begins around age 40. But after reviewing several large studies, the U.S. Preventive Services Task Force issued a draft recommendation against using the test for men without symptoms, regardless of age—even those at high risk. Some types of prostate cancer are very slow-growing and unlikely to cause major health problems, and since the test can't identify which tumors are aggressive and which aren't, many men whose lives would not be affected are treated unnecessarily—which can be very painful and lead to incontinence and erectile dysfunction. Still, plenty of doctors feel the recommendations discouraging PSA testing go too far. Prostate-cancer deaths have dropped 40 percent since 1992, when the test debuted. Advocates say it's a vital test for those at high risk: African-Americans and men with a family history of the disease. So have your husband talk to his doctor about his personal risk factors. —JAMES MOHLER, M.D.,

CHAIR OF THE UROLOGY DEPARTMENT AT ROSWELL PARK CANCER INSTITUTE IN BUFFALO, NY

ASK THE DOCTORS

Q Every five minutes, my kid is complaining that something hurts. Are there symptoms I shouldn't ignore?

I tell parents to pay attention to the pattern and progression of symptoms. If the occasional "Mom, my head hurts!" becomes something your child complains about every time you pick him up from school, make an appointment with the pediatrician. And there are a few gripes that should always ring an alarm for you: If your child pinpoints a sharp pain on his right or left side or underneath the rib cage and is running a fever, call your



FROM TOP: AME PHOTO/GETTY IMAGES, YURI ARCURI/ALAMY.



A FLU REMEDY THAT'S BETTER THAN CHICKEN SOUP

Before you trudge out to buy anything—*everything*—at the pharmacy in a last-ditch effort to head off the flu, check out the health-food store. Elderberry syrup contains antioxidants that can boost the immune system and weaken the flu, and may cut your feeling-sick time by up to four days, studies say. The key is to take 2 teaspoons four times per day at the first sign of symptoms, says Jacob Teitelbaum, M.D., an internist in Kona, HI: “I’ve seen some patients recover in just 24 hours.” He also suggests a one-two punch of elderberry syrup and zinc lozenges, which have shown similar virus-busting benefits. Sambucol and Nature’s Way make elderberry syrup, tablets, and lozenges (find them at Whole Foods, health-food stores, or vitaminshoppe.com). —C.R.



Jim Sears, M.D., is a board-certified pediatrician in Orange County, CA, and a cohost of *The Doctors*. Check your local listings for times.

Send your health questions to askthedoctors@redbookmag.com.

doctor; it could be appendicitis. Also, ask him to jump up and down; if this dramatically worsens the pain, head straight to the ER. Another ER moment: If your kid mentions a crick in the back of his neck and has trouble touching his chin to his chest, it could be a sign of meningitis. If your child suddenly develops a limp for no apparent reason or is consistently bemoaning pain in an elbow—I’m not talking about soreness after a little roughhousing during soccer here—you could be dealing with a joint infection or, in rare cases, Lyme disease, which require prompt treatment. As for earaches and sore throats, I usually advocate monitoring them for a couple of days before rushing off for a prescription.

Read this before you take another painkiller:

Consider other drugs you’re on whenever you take over-the-counter pain meds; they can interfere with everything from birth control pills to heart drugs. For example, taking an anti-inflammatory (like ibuprofen for cramps) over a 12-week period when you’re also on antidepressants could slash the success rate of your mental health treatment by 25 percent, a study found. Check for drug interactions on prescription labels and speak with your doc about mixing meds. A few combos to look out for:

Ibuprofen/naproxen + SSRIs, like Prozac

→ Reduced effectiveness of the antidepressant

Ibuprofen/naproxen + birth control pills with drospirenone, like Yaz

→ Risk of dangerously high potassium levels

Aspirin/ibuprofen/naproxen + blood pressure drugs

→ Risk of increased blood pressure —SARA VIGNERI

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THE BETTER-THAN-NOTHING SEXY LEGS WORKOUT

MIND GAMES THAT MAKE YOU SLIM

GO HALFSIES When people were offered candies cut into halves, they ate 60 calories less than those given full-size ones, according to a study in the *Journal of the American Dietetic Association*. Your brain may register two pieces as a larger treat than a single one.

KEEP FOOD OUT OF SIGHT Don't bring more food than you need to the table. Leaving extras on the counter helped women eat 10 percent fewer calories during a meal, says study author Brian Wansink, Ph.D., a professor at Cornell University. When that big serving bowl of pasta is in sight, it's too easy to take more.

SUPERSIZE YOUR FORK People in a University of Utah study who used large forks during a big meal ate less than those with smaller forks, possibly because seeing your food disappear more quickly tricks your brain into thinking you're full. No eating ice cream with a ladle, though.

—JESSICA GIRDWAIN



Bigger
fork,
smaller
you.

Firm things up as you fold with this simple move from New York City fitness trainer Amanda Russell:

A Stand with your feet a little wider than shoulder width apart, toes turned slightly out. Each time you retrieve an item of laundry from your basket, slowly bend your knees and lower yourself into a squat. Go as far down as you can while still keeping your back straight and not letting your knees extend past your toes.

B Slowly push back up to standing, and repeat till your load is folded. Then go check out how good your butt looks in those freshly washed jeans!

TIME-STARVED? UNMOTIVATED?

**15 minutes of
exercise is
good enough**

For years, experts have recommended at least 30 minutes of physical activity five or more days a week. But if you've been scraping by with just half that amount, you're doing fine. In a recent study led by the National Health Research Institutes in Taiwan, people who did 15 minutes of daily moderate exercise boosted their life expectancy by three years and reduced their risk of cancer by 10 percent. But you have to be working up an actual sweat, so before the kids wake up, pop in that Zumba DVD for a quickie! —KAREN ASP



This for 15 minutes?
Not bad at all!

WORKOUT: PHOTOGRAPHED BY DAVID A. LAND. HAIR AND MAKEUP: MARCO TESTA FOR BERNSTEIN AND ANDRIULLI. STYLIST: ELSA ISAAC. PROP STYLIST: KARIN OLSEN FOR MARNIE ROSE AGENCY. FORK: J. MUCKLE/STUDIO D. WOMAN SKIING: TOMML/GETTY IMAGES.



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The **Special K Challenge**™ begins 1.2.12. Sign up for your free, personalized plan at SpecialK.com.



The tummy makeover that **works!**



These women lost a total of 21½ inches from their middles on REDBOOK's easy plan. But we won't stop until *you* have the belly you want. Tear out our poster and commit, today. By Lara Rosenbaum

Would you say that your relationship with your belly is a little... complicated? Do you adore your children but not the pooch that came with them? Is it difficult for you to feel charitable toward celebs who maintain flat abs right through their 40s, while your little roll refuses to budge? If you can relate, congrats—you're a woman!

To the rescue: pooch-targeted exercises from experts who know exactly what works your abs. "I have a 90

percent success rate with clients, even new mothers, when they do correct abdominal training," says exercise physiologist and celeb trainer Holly Perkins, who designed the ultimate tummy-flattening workout for REDBOOK. Six women followed our advice for 12 weeks, and shaped up their eating a little. The results were, pardon the Rachel Zoe speak, bananas!

See their oh-wow makeovers, then follow our lose-the-belly guide to tone *your* tummy. ►

OPEN
HERE
AND
TEAR
OUT



SHE LOST 3"



BELLY
BEFORE:
44"

*"My shape
has gone from
boxy to
hourglass."*

—Anna Perdomo, 33

BEFORE: "One day, a customer at the store I work at came in, pointed to my belly, and asked, 'Is that your first?' I told her this belly was from my second—but that he was born 19 months ago! It wasn't the only time someone mistook me as pregnant. I made jokes when it happened, but I'd be lying if I said it didn't bother me. When I took my 'before' measurements, I was shocked to see that my waist was bigger than my husband's. And I found out that the size of your middle can put you at risk for heart disease, even more than weight. I thought, *It's now or never.*"

AFTER: "I made exercise a part of my daily life, and scheduled workouts as if they were appointments. I found a jogging stroller on Freecycle.org—it was brand-new, and totally free! I do the tummy routine when my son is sleeping; otherwise, he comes over to bounce on my belly thinking it's time to play. But most days, I find the time: It clears my head. Now I notice I *want* to exercise, versus feeling like I have to. I also kept a food journal, and it was crazy to look at it after a stressful day and see that fried chicken had crept onto my plate. Tracking what I ate helped me make better choices. I used to joke that my belly made me look like a two-liter soda bottle—but today I'm more hourglass, like a classic Coke."

GET THEIR
GORGEOUS
STYLE!

Dress on Anna: Kiyonna, \$98; madisonplus.com. On Shnieka: Amy Matto, \$297; amymatto.com. On Shyno: Amy Matto, \$297; amymatto.com. On Sandi: Victoria's Secret Catalogue, \$60; victoriasssecret.com. On Christine: Kiyonna, \$128; madisonplus.com. On Rosemarie: Victoria's Secret Catalogue, \$70; victoriasssecret.com.



BELLY
BEFORE:
41.5"

BEFORE: "In my 20s, before I had my son, I never had to worry much about my stomach. But after I had a baby, my weight fluctuated, and sometimes my belly protruded almost as far out as my breasts. I had all these cute dresses in my closet that were way too tight. In photos, I'd try to position myself a certain way to hide my belly. I thought, *How much longer can I suck it in?* I didn't think I had time to work out, though, or that I could do it on my own without hiring a trainer, which is so expensive."

AFTER: "I've proven that 'I can't lose this tummy' was just a story I told myself. I figured out ways to make the program work. I did the belly exercises when my son was sleeping. I started using a stationary bike at home to get in my cardio when I couldn't make it to the gym. About four weeks in, I could actually feel the tightening in my core. When I noticed my pants fitting looser, that *really* motivated me. I made a group in Google Plus and invited friends to join and cheer me on. I used sparkpeople.com to track my calories, and I keep finding new ways to enjoy food. For example, I'll put out goat's milk cheese for guests because it has less fat than cow's milk, and it's just as delicious. Taking care of myself doesn't have to feel—or taste—like deprivation. I know I'll keep going and see even more progress, but already, I can find my waist and I've started to wear clothes I love again!"

*"I didn't think
I could lose
the belly on my
own—
but I did."*

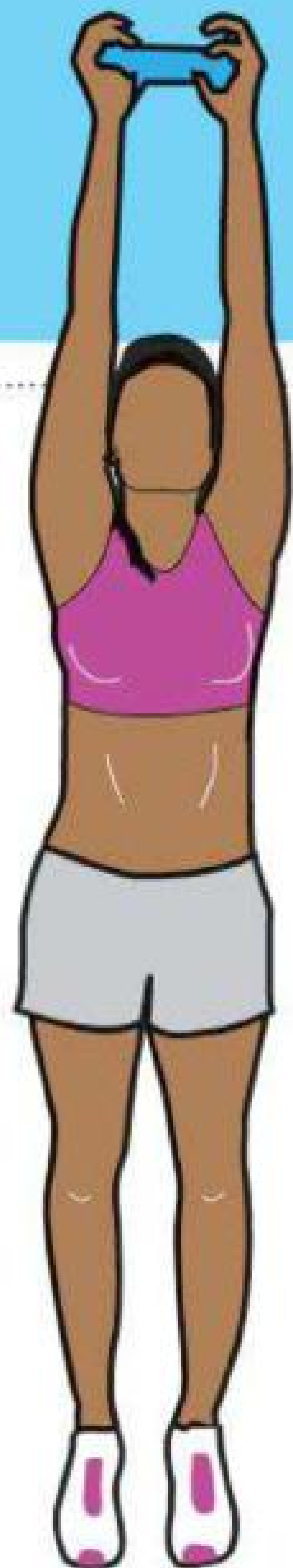
—Shnieka Johnson, 30



SHE LOST 2.5"

"BEFORE" PHOTOS: COURTESY OF SUBJECTS (6).

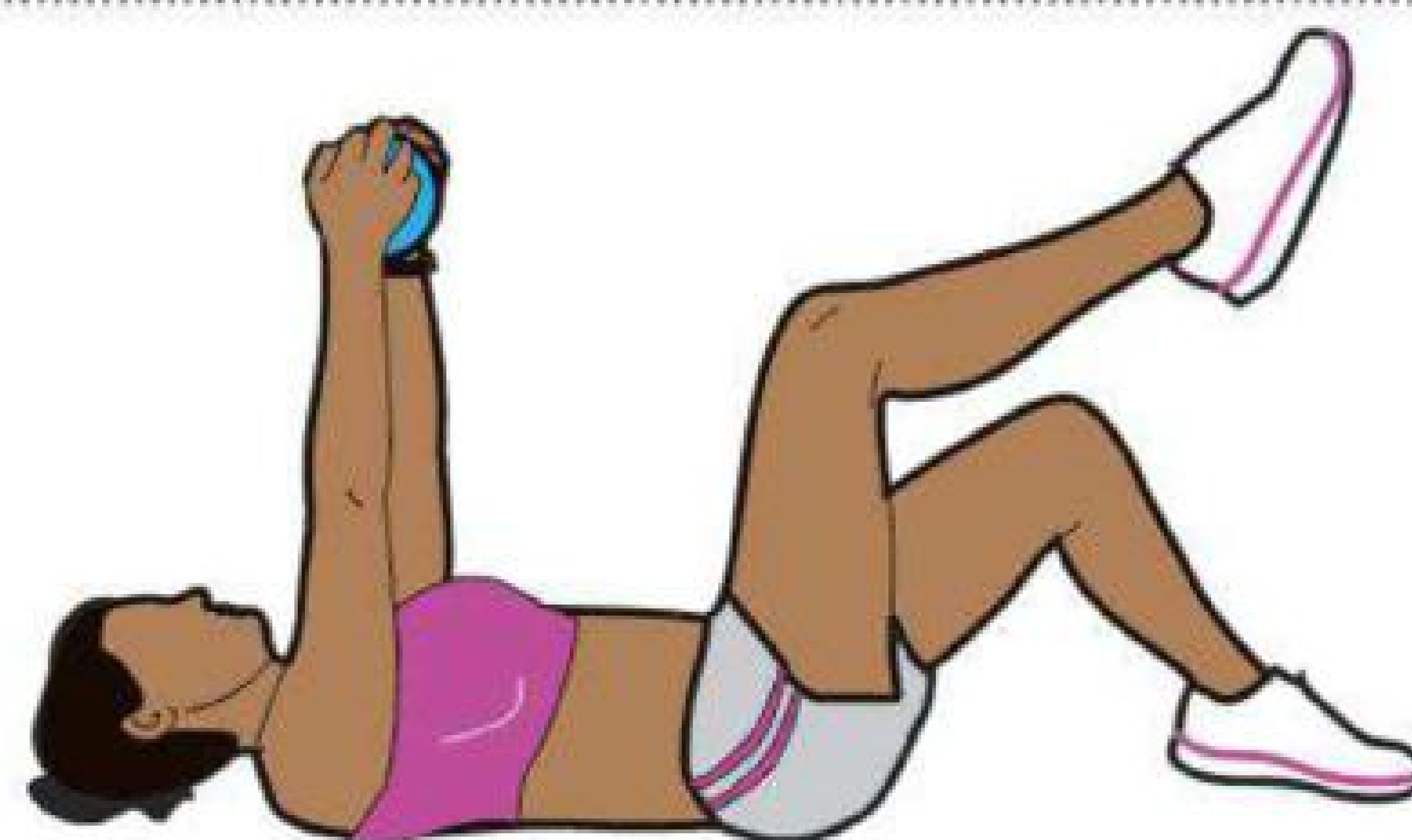
6 MOVES FOR A



You'll need a pair of 2-pound weights or a 2-pound soft exercise ball (you can get one at amazon.com or walmart.com).

STANDING OVERHEAD PRESS

Stand with feet shoulder-width apart, holding a weighted ball or dumbbell with both hands. Pull abs in tight, then lift arms straight overhead, as shown, actively reaching up as high as you can for 10 counts. Lower arms; repeat five times.



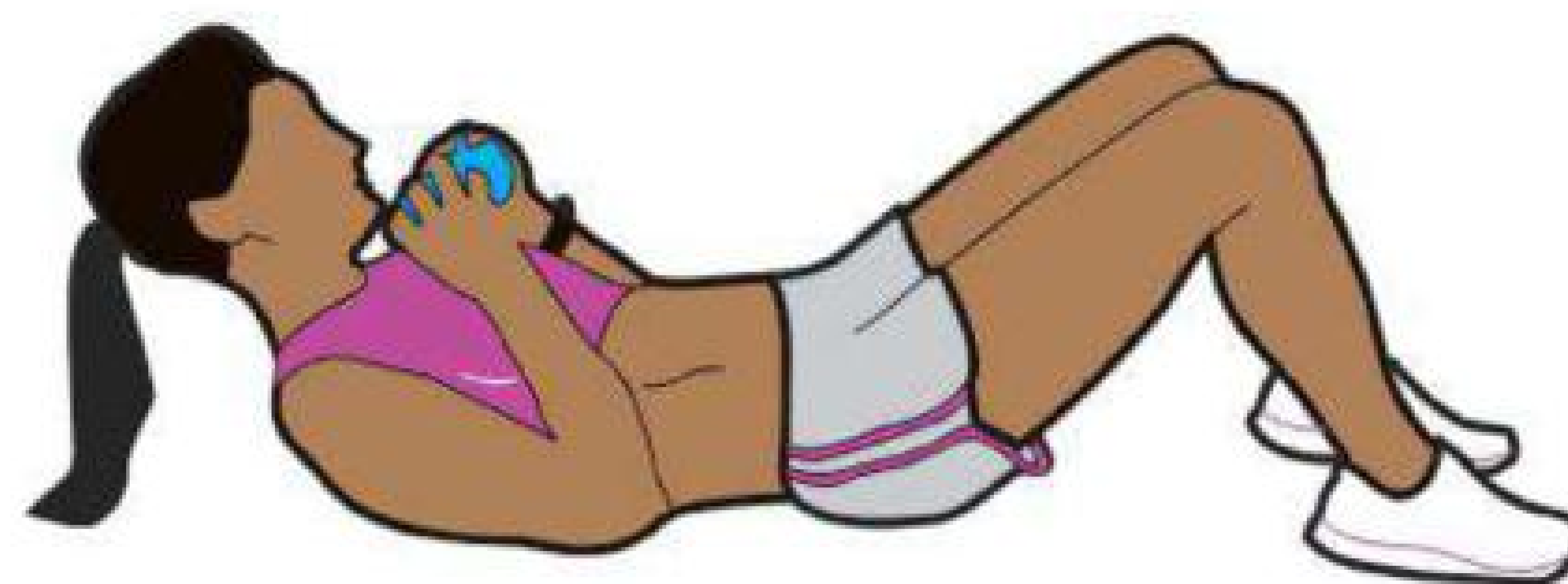
LEG SWAP

Lie on your back with knees bent, and press the ball or a weight to the ceiling while pulling abs in. Slowly lift right leg, with knee still bent, until leg is perpendicular to your body, as shown. Keeping abs tight, lower your right foot to the floor as you simultaneously lift your left leg. Do two sets of 10 reps.



BALL BRIDGE

Lie on your back, knees bent, feet flat. Place the ball or a weight between your inner thighs. Pull abs in tight, then press your heels into the floor to lift your pelvis, as shown, squeezing inner thighs together. Hold for 10 counts. Lower; repeat five times.



LYING OVERHEAD PRESS

Lie on your back, knees bent, holding a weight at your chest with both hands. Tighten abs, bring your chin toward your chest, and curl shoulders off the floor, as shown. Push weight overhead and back, so elbows are next to your ears; bring weight back to chest, then lower back down. Do two sets of 10 reps.



Don't forget cardio!

Repeat after us: "This is the year that my pooch will not hang over my jeans!" Then get with some cardio, which is key to burning belly fat. For results like our superstar readers', aim to do 35 to 45 minutes, four days a week,

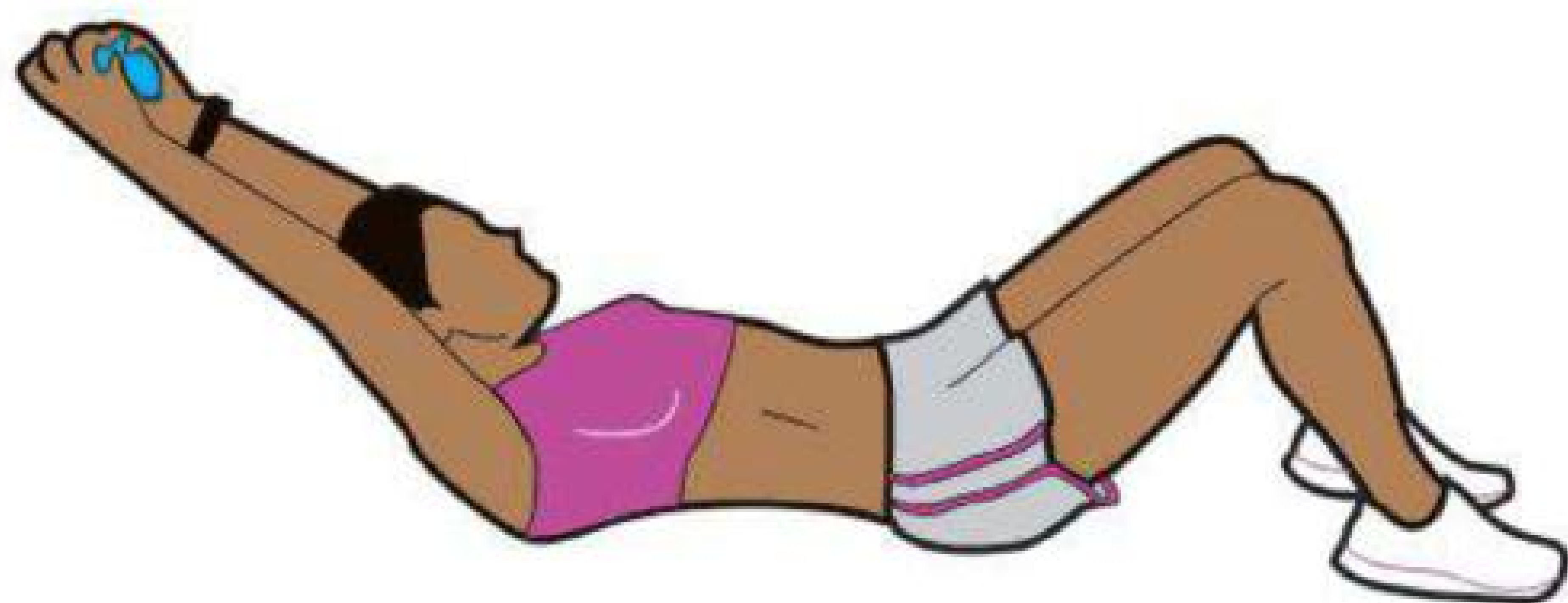
of any sweat-inducing exercise you like, such as jogging, biking, using the elliptical machine, rowing, or swimming. Two of those days, do the following steady-pace workout; the other two, do the interval workout.

STEADY-PACE WORKOUT

Warm up by exercising gently for five minutes, then increase

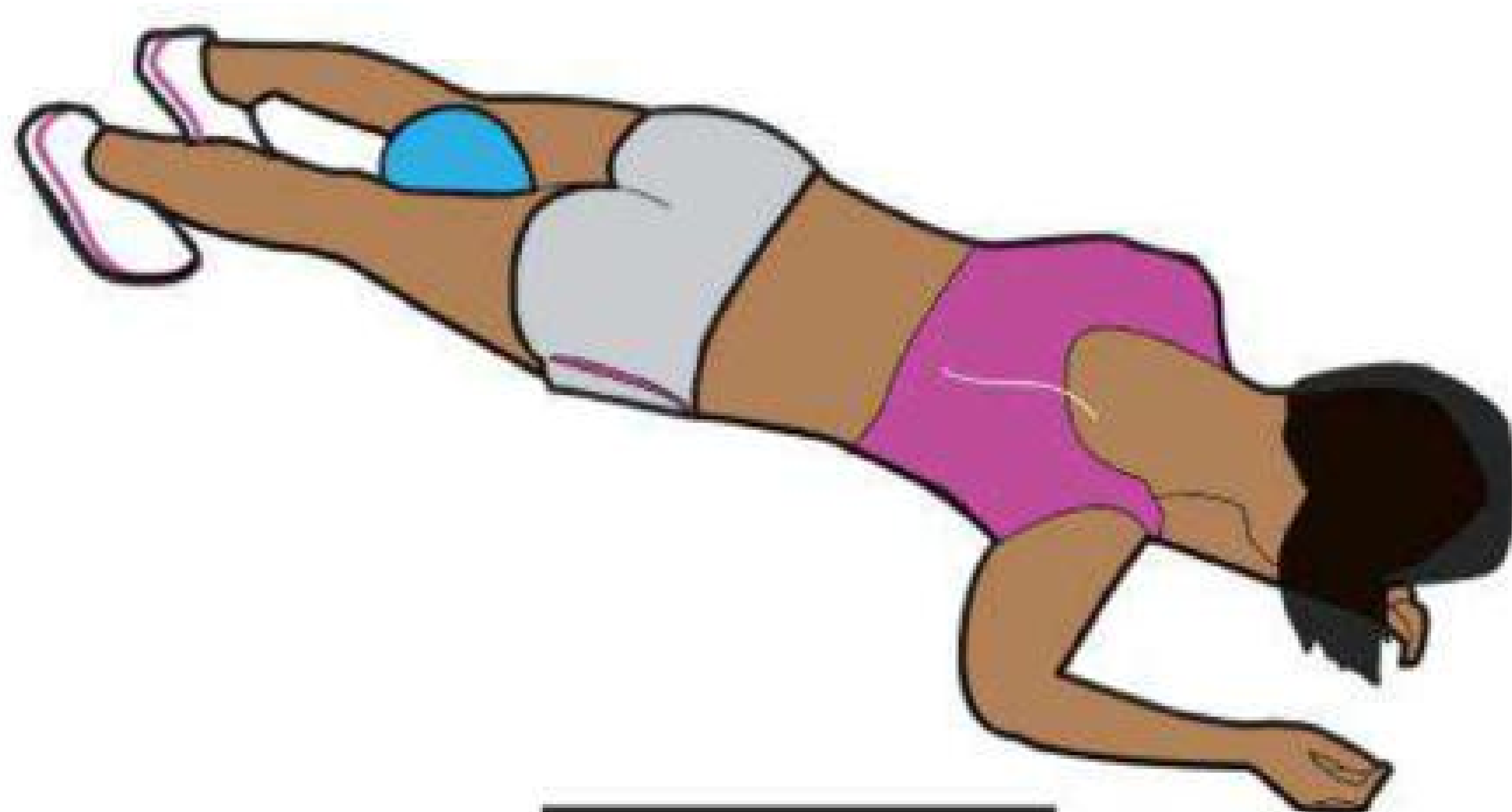
the intensity until you're exercising at what feels like a 7 on a scale of 1 to 10 (10 being really tough). Try to stay at this intensity level for 35 minutes, then cool down for five minutes. "Steady-pace workouts are easier to maintain for longer periods of time so you can tap into your fat-burning zone," Perkins says. "They'll also improve your aerobic fitness—and help clear your head."

FLAT TUMMY!



LYING BALL EXTEND

Lie on your back with knees bent, holding a weight with both hands. Raise arms overhead until weight rests on the ground. Tighten abs and hold for one count; then, on an exhale, bring your chin toward your chest and curl shoulders off the floor, lifting arms several inches while keeping your elbows next to your ears, as shown. Hold for two counts, then release. Do two sets of 10 reps.



ELBOW PLANK

Kneel on the floor and place the ball or a weight between your thighs. Place forearms on the floor, elbows directly under shoulders. Pull abs in tight, and stretch both feet out behind you, as shown. Squeeze the ball and hold this pose for 20 seconds. Do three reps.



INTERVAL WORKOUT

Warm up gently for five minutes. Then sprint, amping up the intensity, for two minutes (you'll want to eventually aim for what feels like a 9 on that scale of 1 to 10). Then slow down and go easy for two minutes. Repeat this cycle for a total of 25 minutes, then cool down for five

minutes. "High-intensity interval workouts like this have been proven to burn more calories both during and after your exercise," Perkins says. "The short blasts allow you to work out harder and raise your heart rate—which increases your metabolism for 3 or 4 hours post-exercise." That means you'll still be burning calories after you stop.

EAT TO SHRINK YOUR BELLY

IT'S SIMPLE: To show off your newly toned abs, you need less body fat overall. You can shed a pound of it a week by cutting just 500 calories a day (the amount in a coffee-shop muffin). "But you do want to be careful to eat *enough*—otherwise, your body will start to store energy as fat," says New York City-based registered dietician Stephanie Middleberg. Follow these sane food rules to a trim tummy.

➔ **LOG YOUR MEALS, SNACKS, AND DRINKS.** You can use a notebook, your calendar, or sparkpeople.com—it's free to join, and their calorie counter comes in handy when you're trying to stay accountable. (You can also use their tools to find out how many total calories *your* body needs.)

➔ **HAVE A LITTLE PROTEIN** with every meal and snack. This helps stabilize your blood sugar level, staving off hunger pangs. Nuts, eggs, lean meats, chicken, fish, tofu, and low-fat dairy like yogurt are all good sources.

➔ **AVOID POOCH-INDUCERS** like artificial sweeteners, gum (you swallow air as you chew), foods high in sodium or sugar, and carbonated beverages like soda and even seltzer—which can make you gassy, warns Middleberg.

➔ **EAT YOUR VEGGIES.** They're fiber-rich, so you'll feel fuller longer. At lunch and dinner, fill up half your plate with veggies; make the other side a mix of lean protein and whole grains.



YOUR LOSE-THE-BELLY PLAN

A sexy tummy starts here!

Imagine if your stomach always looked as good as it does when you suck it way in. Guess what? It can. (Thank goodness, 'cause not breathing really isn't a good look on *anyone*.) Celebrity trainer Holly Perkins designed this crunch-free workout to uncover and tone your abs—she promises they're in there! “These exercises work the entire core from front to back, which not only improves posture and prevents injury but also creates a lean, tight-looking torso,” Perkins says. Do the routine three times a week—you can knock it out in less than 15 minutes—and you'll see results in about 12 weeks.



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your guilty conscience to
go hassle somebody else?
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honestly sweet.®

SHE LOST 4"

BEFORE: "After my second child, my stomach never returned to normal—I used all my energy up just being a mom. Then, when it was time to go back to work, I thought, *Oh, my god, people are going to think I made this up—that I hadn't actually given birth!* I still had to wear my maternity pants. Every other part of my body was going back to my pre-baby shape, but there was all this *stuff* just sitting on my tummy, all this muffin top."

"I said good-bye to my maternity pants!" —Shyno Chacko Pandeya, 40

AFTER: "More than anything, I now realize you can get back into shape without having to make a huge financial or time commitment. The workout was easy to incorporate into my life. I kept a yoga mat at work, and I'd shut my office door and do the exercises. As for the cardio, it's been a matter of slipping it in where I can. I'll put the kids in a double stroller and head to the park for speed walking. I'm down to a size 8 from a size 12. A few weeks ago, my cousin got married, and before I started the plan I was dreading wearing a sari, which makes it hard to hide what you've got going on around the middle. But by the time I put it on, my muffin top was *gone*."

BELLY BEFORE: 42.5"

CHRISTINE MCKEOWN, 40, LOST 5.5"

ROSEMARIE SIMEONE, 40, LOST 4"

SO LONG, MOMMY TUMMY!

BELLY BEFORE: 44"

BELLY BEFORE: 37"

For some women, the cause of post-pregnancy pooch is diastasis recti, a condition in which the stomach muscles that separated to make room for the baby don't come back together after giving birth. The key to correcting it: exercises that pull your abs *in* rather than making them bow out, the way crunches do. Christine and Rosemarie both had diastasis and had resigned themselves to perma-pooch—until they did a special set of exercises three times a week for 12 weeks. Take a quickie test to tell if you have diastasis recti, and find moves to help fix it at redbookmag.com/postbabyabs.

"I have less belly pooch—and way more confidence."

—Sandi Ducharme, 33

BEFORE: "I was a gymnast when I was younger, and I used to have amazing abs, even after I had my first two kids. But after having my third, things changed: There was a nice layer of pooch over my once pretty perfect tummy.

I'd worn a bikini—and felt great in one—all my life, but when I realized I wasn't going to get my abs back, I gave that up. Saying that I needed to carve out time to work out just felt too selfish."

AFTER: "When you're a mom, you're constantly doing things for other people, so it's really empowering to set your own goals and accomplish them. After about six weeks, I'd made real progress—my tummy muscles were more toned, and there was less flab going on around the middle. After 12 weeks, things definitely shifted: My waist got smaller, and my butt is even a little perkier. To get in my cardio three days a week, I take a class that starts at 5:30 in the morning so I can be back home before my husband leaves for work. Sugar has always been my weakness—I love cake! But bananas with almond butter have become my new favorite snack. Even sweeter: I have my confidence back!"

SHE LOST 2.5"



Dear Doctor,

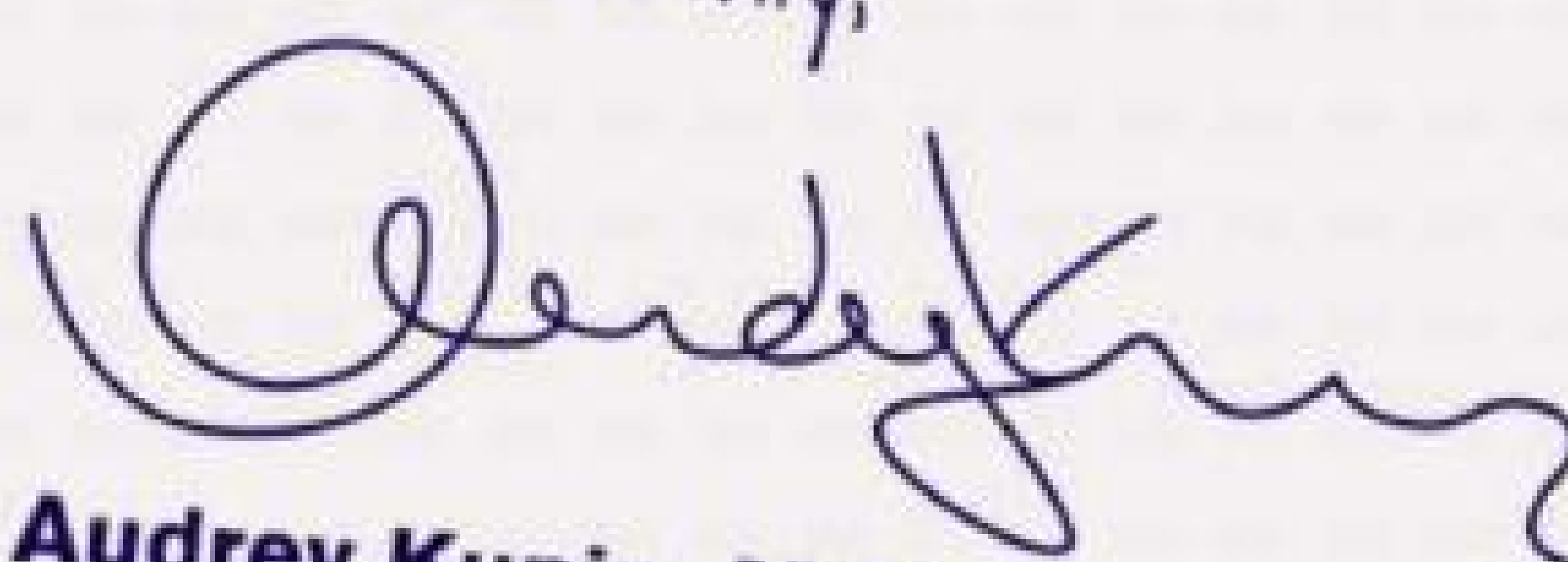
I have bumps on my arms and body and I don't know why. My boyfriend thinks I'm cold and he's always trying to keep me warm, which okay, I enjoy, but I do not like constantly looking as if I have goose bumps. How can I get rid of my bumps and still keep my boyfriend?

Signed,
Brrrr not!

Dear Brrrr not,

You may have keratosis pilaris. Also called KP or 'chicken skin bumps,' this condition affects one out of every two people. KP Duty Dermatologist Moisturizing Therapy for Dry Skin is a clinically proven treatment for this problem. It works to exfoliate dry, crusty bumps while moisturizing skin and reducing the appearance of those pesky red polka dots! Skin is left feeling soft, smooth and boyfriend worthy. For best results, use it with KP Duty Body Scrub with Chemical + Physical Medi-Exfoliation.

Yours smoothly,



Audrey Kunin, M.D.
Founder of DERMAdoctor



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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS



TELL THE TRUTH:

What TV show do you **bond** over?

"I'll watch Grey's Anatomy with her. It's more her thing, but secretly, I enjoy it."

—TODD STEPHENS, 38, married to BARBARA for 11 years

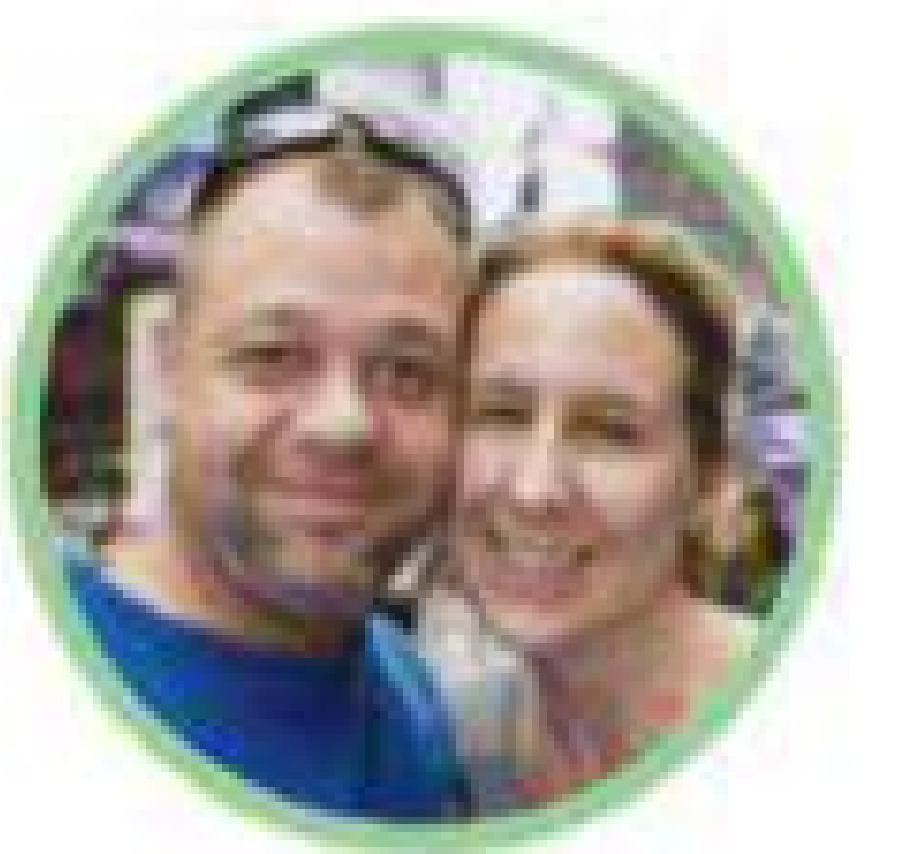


"We never miss Modern Family. It's always good for a laugh, and it reminds us that we're not the only ones with dysfunctional lives!"

—MICHELLE CULLEN, 43, married to STEVE for 15 years

"Any sporting event works for us. He roots for Boston and I'm a New York fan, but it's not a big rivalry—I just hate Boston teams. Sorry, hon!"

—JILL SHELDON, 37, married to RICK for 6 months



"I love talking with her about what's going on in the world, so we always catch the news together."

—STIG KRARUP, 37, dating KATRINA for 6 months



"We make a date out of Anthony Bourdain's No Reservations. With four kids, we don't travel or eat out much—but tagging along as Anthony eats his way around the globe feels like a mini vacation."

—DENISE LOGSDON, 43, married to MARK for 1 year

Putting a kid in a headlock: wrong. Watching it on *Modern Family*: funny!



Trista and Ryan Sutter: a happy marriage, against all reality-TV odds.

Confessions of an ex-Bachelorette

The Bachelor kicks off again this month, so we got an insider's take from Trista Sutter, the only contestant in the franchise's 10-year history to actually *marry* the final rose recipient.

REDBOOK: Do you still watch *The Bachelor/The Bachelorette*?

TRISTA SUTTER: I do! They bring back happy memories.

RB: What shocks you when you watch them now?

TS: That people still don't know how to keep their mouths shut. Contestants are constantly denying things they said or did... but it's all on camera!

RB: Why do so many of the show's relationships fail?

TS: You're only given six weeks to get to know each other, with no time off. That isn't enough time to figure out whether you can make a relationship work.

Plus, you get no sleep, so it's a hyper-sensitive environment.

RB: How could the show produce stronger matches?

TS: If contestants could spend time in each other's real lives, without the cameras, that would bring an element of reality into the reality show.

RB: What do you think of all the lying and scheming?

TS: It disappoints me. When men aren't there for the right reasons, I think about how disappointed their mothers must be. If my son were on the show and treating a girl badly, I would fly there and knock him upside the head!

"HOW I GOT HIM TO TRY..."

A recent survey found that women were far more willing than men to try new things in bed.

Here's how three experimental readers got their guys on board.

- "I say, 'I saw the hottest thing in this French movie...' It works every time."

- "I ask him what he fantasizes about. It makes him more comfortable acting on what he wants, *and* what I want."

- "I'll wake him up for sex. He's more adventurous if he's a little groggy!"



Love life road test

SAY IT IN A LOVE LETTER!

We asked one partner to write a sweet, gushy note to the other. Ladies, you might want to buy some stationery.



Couple #1: A.W. and H.W., Boston

"In the middle of a crazy stretch of travel and work, I popped a note to my husband in the mail to arrive while I was out of town. Putting pen to paper inspired me to tell him how grateful I am for him, but the best part was that when I got home, he'd left me a note on the fridge saying how much he missed me!"

Rating: Warm and fuzzy ♥♥♥

Couple #2: L.B. and R.K., New York City

"Sometimes I'll leave my fiancé a note in his jacket pocket, but this time he wrote me a long letter. It made me so happy, and felt more personal and intimate than any other way we communicate. For some reason, seeing the evidence of how he feels about me spelled out made it seem even more real. I kept going back to read it over and over."

Rating: Awww! ♥♥♥♥♥

storemags

HE'LL SCREAM YOUR NAME.
HE'LL FORGET HIS.

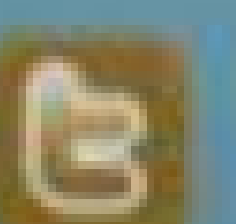


Masque® is the first product proven to conceal any unpleasant flavors associated with pleasuring your man and his subsequent climax. These orally-dissolvable, flavored gel strips will take the intimacy between you and your partner to the next level. Consider it a little extra magic, while you work yours.



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The best love advice. Period.

What makes these little gems so good? No therapy, no Big Talks, no vow renewal ceremony. Just fun things you can sprinkle into the mix to improve your relationship instantaneously. By Nicole Yorio Jurick



THE BEST TIME OF DAY FOR O-MAZING SEX

Everyone knows that men's libidos rise with the sun ("Good morning, Mr. Wood"), but women are also likely to have high libidos at the crack of dawn. "Our levels of energy-enhancing cortisol and desire-boosting testosterone tend to be high when we wake," says ob/gyn Rebecca Booth, M.D., author of *The Venus Week*. Another reason to set the alarm a little earlier? Morning sex is a natural upper, Booth says: "The high you'll get from the serotonin released can last for hours."

THE BEST MOVIES ABOUT RELATIONSHIPS

"Good movies inspire," says veteran film critic Leonard Maltin, author of *Leonard Maltin's 2012 Movie Guide*. He gave us his favorite smart-about-love picks and the lessons he drew from them. Rent when needed.

■ *Annie Hall*: "Things won't always go your way, but being able to laugh together will keep you strong."

■ *Moonstruck*: "Seeing another couple deal with their crazy families always makes you feel better about your own!"

■ *The Notebook*: "Love can endure any obstacle. And also, every couple needs a good cry once in a while."

■ *Better Than Sex*: "This Aussie comedy shows what men and women don't say—but ought to—before, during, and after making love."

THE BEST LINGERIE

Forget confusing garters and costume-y corsets: Guys really go for that whole "slipping into something more comfortable" idea. "Every year, our top Valentine's Day sellers purchased by men are satin and lace chemises—short, sexy nighties—with matching undies," says Michael Herman, senior vice president of sales at high-end lingerie label Natori. "They just want something that's easy to get on—and off."



COUPLE: STEPHANIE RAUSSER. CLOCK, BANDERAS, BON JOVI, NEWMAN: GETTY IMAGES. CHEMISE (JOSIE NATION, \$250; NATORI.COM): PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. BACON, GRANT, GARNER, THICKE: WIREIMAGE/GETTY IMAGES. COCKTAIL: IMAGE SOURCE/GETTY IMAGES. PAINT CHIPS: COURTESY OF MANUFACTURER.

PLUS: THE BEST CELEB ADVICE ON MARRIAGE (FROM THE FEW WITH LASTING UNIONS)

♥ "Keep the fights clean and the sex dirty." —KEVIN BACON



♥ "It's about paying attention to the little things, the details... constantly rediscovering your partner, [and] knowing there's a way out of any crisis." —ANTONIO BANDERAS



♥ "My wife tells me if I ever decide to leave, she's coming with me." —JON BON JOVI



THE BEST MATTRESSES FOR DREAMY NIGHTS

If you like a rock-solid mattress and he favors super-soft, should you compromise and get semi-firm? Sorry, we don't think so—especially when there are models that ensure you'll *both* wake up well-rested (and without resentment). With the Kingsdown My Side (kingsdown.com), the Sleep Number (sleepnumber.com), and the Sleep ID from Comfort Solutions (comfortsolutions.com), you each get to choose the level of firmness for your side—and neither party ends up in the guest room.

THE BEST COZY NIGHTCAP

Winding down over a Heineken (him) and a pinot (you) when the kids finally sack out is fine most nights. But it's not exactly romantic. We got Kim Haasarud, our resident mommy mixologist, to whip up a recipe that is one part relaxing, two parts sultry, and 100 percent yummy. Seriously, it's like foreplay in a glass.

THE "DO NOT DISTURB"

Fresh ginger
8 oz hot water
2 oz scotch
2 oz honey
Squeeze of lemon
Cinnamon sticks

Peel ginger and slice off 4 or 5 very thin pieces. Heat water and ginger in a saucepan or microwave until very hot. Add scotch and honey; stir until honey dissolves. Strain ginger, add a couple squeezes of lemon juice, divide among two glasses, garnish with cinnamon sticks, and serve.



Magic love potion. Try me.

THE BEST TWO THINGS TO KEEP IN YOUR BEDSIDE TABLE

"Every couple needs a toy they can share—it practically guarantees orgasm," says REDBOOK columnist Hilda Hutcherson, M.D., an ob/gyn and a professor at Columbia University. She recommends a finger vibrator like the Ipo Finger Vibe from Picobong (\$44, babeland.com) because it feels much more natural than a bulky vibrator. Hutcherson is also a big fan of lube: "Slippery sex is good sex!" she says. Proof: Women who used water- or silicone-based personal lubricant reported higher ratings of sexual pleasure and satisfaction than those who didn't, according to a study from Indiana University of nearly 2,500 women.

THE BEST SHADE TO PAINT YOUR BEDROOM

"The biggest mistake people make when decorating their bedrooms is thinking it's the wrong place for color," says interior designer Cathy Hobbs. "But in fact, nothing sets the mood better." Her suggestion for creating an atmosphere that's equal parts seductive and soothing? "I love a rich sky blue, because it's extremely calming and adds a touch of elegance." She recommends Brave Blue, Malibu Beach, and Neptunes Home, all by Mythic Paint.



THE BEST CYBER SIGN-OFFS

A sweet email signature speaks volumes. Here's what a few love-struck readers use:

"I'm pregnant, so I always add 'kisses & kicks.'"

—BREANNA WIDGER, VIA FACEBOOK

"I sign mine 'love foreve' with no 'r' on the end, because forever should have no end."

—KAREN WARNER MCPHERSON, LANGLEY, BC

"The first time I signed off with a ♥ symbol, he mistook it for something sexual and replied with a sexual symbol of his own. That made for an interesting conversation when he got home! But now he gets it."

—VALERIE EVERHART SCHULER, VIA FACEBOOK

"YW," for Your Wife. It's a discreet, kind-of-secret way to sum up what we mean to each other."

—JENNIE TUNG, NEW YORK CITY

THE BEST SEXY PLAYLIST

Robin Thicke happily acknowledges that his music is of the baby-making variety. But back when first wooing his wife, actress Paula Patton, R&B tunes from groups like Jodeci helped set the mood. So what else does the "Teach U a Lesson" singer cue up when it's time to—Barry White voice—dim the lights?

- 1 "Try a Little Tenderness" by Otis Redding
- 2 "Love's in Need of Love Today" by Stevie Wonder
- 3 "Mannish Boy" by Muddy Waters
- 4 "Kiss of Life" by Sade
- 5 "Let's Stay Together" by Al Green
- 6 "No Woman, No Cry" by Bob Marley
- 7 "I Want You" by Marvin Gaye



♥ "The more you invest in a marriage, the more valuable it becomes." —AMY GRANT



♥ "I have a steak at home. Why would I go out for a hamburger?" —PAUL NEWMAN

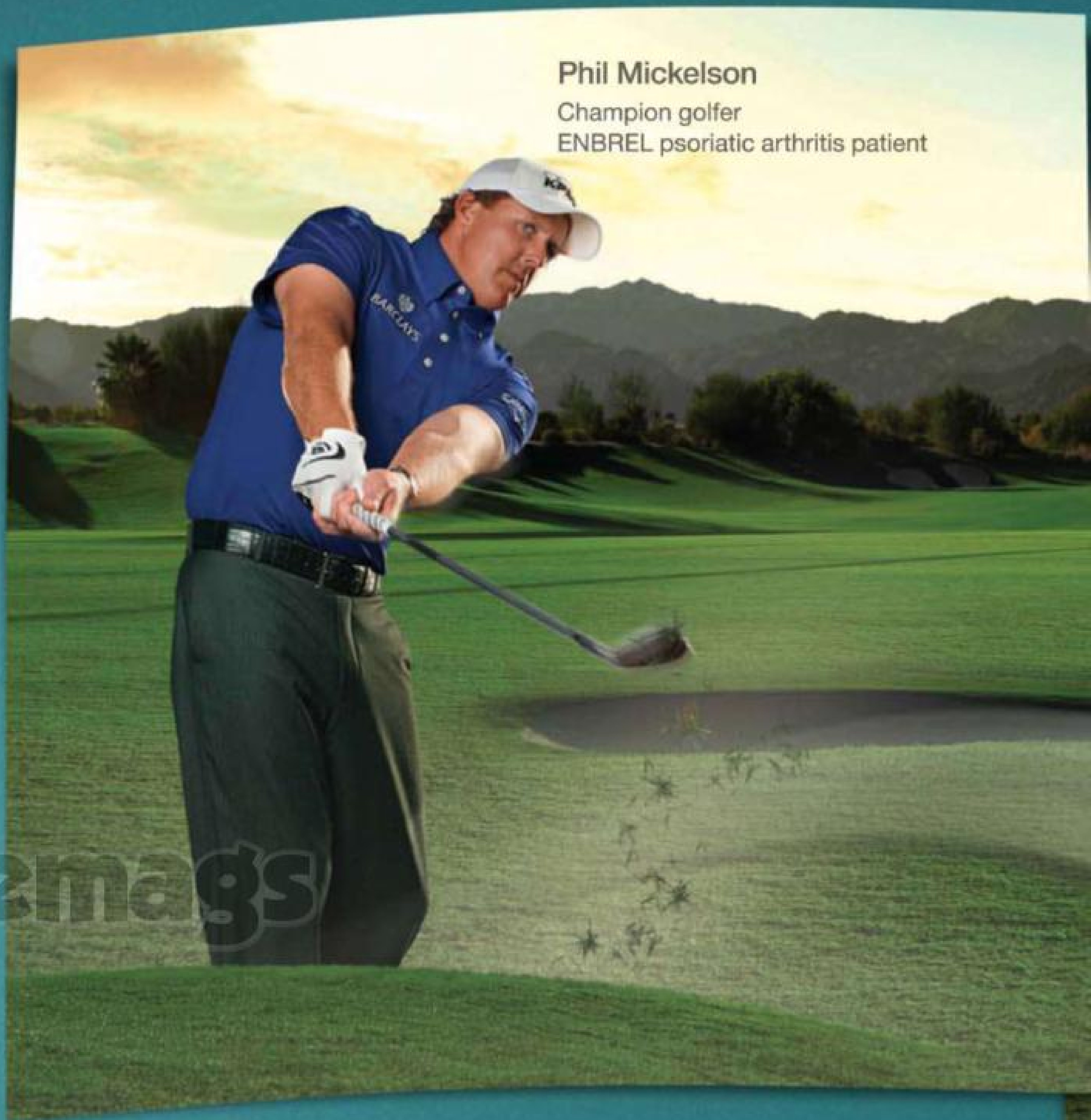


♥ "You steal the time. Steal a date, steal a kiss, steal a whisper." —JENNIFER GARNER



If you have psoriatic arthritis or moderate to severe rheumatoid arthritis

“Don’t let joint pain keep you from



Phil Mickelson

Champion golfer
ENBREL psoriatic arthritis patient

ENBREL is the #1 prescribed biologic by rheumatologists. ENBREL is also approved for adults with moderate to severe rheumatoid arthritis (RA). At six months, ENBREL was shown to be effective in about 50% of psoriatic arthritis patients who used it.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. ENBREL can be used in combination with methotrexate in patients who do not respond adequately to methotrexate alone.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system

to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions

- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis.

the things that matter most.” *Phil Fyfe*



“In the summer of 2010,
I experienced intense joint pain and had trouble walking. My rheumatologist diagnosed me with psoriatic arthritis and prescribed ENBREL, a medicine that can relieve pain and stiffness, improve physical function, and help stop joint damage from worsening. Now I’m back to doing the things I love.”

Your results may vary.

Ask your rheumatologist if ENBREL may be right for you,
if you have joint pain, stiffness, or swelling, and think you may have psoriatic arthritis or RA.
Call 1-888-4ENBREL or visit www.enbrel.com. Prescription ENBREL is taken by injection.



These infections may develop or become more severe if you take ENBREL. If you don't know if these infections are common in the areas you've been to, ask your doctor

- Have or have had hepatitis B
- Have or have had heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery

- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.

- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: New infections or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**;

autoimmune reactions, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache. These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see accompanying Medication Guide on the next page.

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Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See “What is the most important information I should know about Enbrel?”)
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
 - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
 - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
 - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - ✓ all vaccines should be brought up-to-date before starting Enbrel.
 - ✓ people taking Enbrel should not receive live vaccines.
 - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
 - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
 - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section “What are the possible side effects of Enbrel?” below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor. Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See “What is the most important information I should know about Enbrel?” and “What are the possible side effects of Enbrel?”

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick Autoinjector
 - Multiple-use Vial
- See the detailed “Patient Instructions for Use” with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(y) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See “What is the most important information I should know about Enbrel?”

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See “Before starting Enbrel, be sure to talk to your doctor” for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver),

the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
 - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine v5

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AMGEN

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We found Josh Holloway!

He's moved on from *Lost* to *Mission: Impossible*, and he's getting a few things off his (rock-hard, usually shirtless) chest.

He cleans up pretty nice...

Your character Sawyer on *Lost* was known for his long hair, but you trimmed it for *Mission: Impossible—Ghost Protocol*. How did that feel?

I'd had it for so long, it was liberating to let it go. It was a clean break from Sawyer, and fun.

So you had fun on *Mission: Impossible*?

Yes. That kind of high-octane action—shooting guns, blowing stuff up, jumping off things—is like Disneyland for men. I have three brothers; we've been playing James Bond forever.

What was Tom Cruise like to work with?

He treated everyone well. He did all his own stunts. He was a stud.

Coming from you, that's saying something. Do women constantly ask you to take your shirt off?

I feel like Elvis. I get panties hitting me in the face all the time. [Laughs] Seriously, no one accosts me. The girls may be kind of giggly, but everyone's pretty chill.

How does your wife, Yessica, handle your hunk status?

She takes it with a grain of salt and laughs.

How did you meet her?

She picked me up in a bar. She was good at the game—she was a young, aggressive, 22-year-old

cha-cha. I was the fourth or fifth number she got that night, but I got lucky. She called *me*.

Did you know she was the one?

We were both playing it cool about not wanting to settle down. Thirteen years later...

Now you have a 2-year-old daughter, Java.

Do you guys drink a lot of coffee?

My wife is from Java, Indonesia, and I love the name. Our daughter will be mad at us for a moment, but then she'll be happy. She'll have one of the coolest names around.

In past interviews, you've admitted to having been a bit of a player. How do you think you'll be when your little girl starts dating?

I'm going to be overprotective and overbearing... kidding! I hope to raise her to make the right decisions, because I don't want to be shut down or shut out. Thank God that's years from now.

And will you protect her from the kind of guy you once were?

Hey, I was good at what I did. I might not see me coming!

So be honest: What's your life like now?

I go to sleep before 10 on a Saturday night. I know way too many children's shows. And sometimes when my daughter leaves the room, I'm still sitting there watching *Max & Ruby*. —MARISA FOX

JOSH AT A GLANCE

Closet crush:



BARBRA STREISAND

"She's amazing. How can you not love her?"

Beer of choice:



MILLER HIGH LIFE

"It's my dad's beer. I have a taste for it from poaching his."

His unlikely BFF:

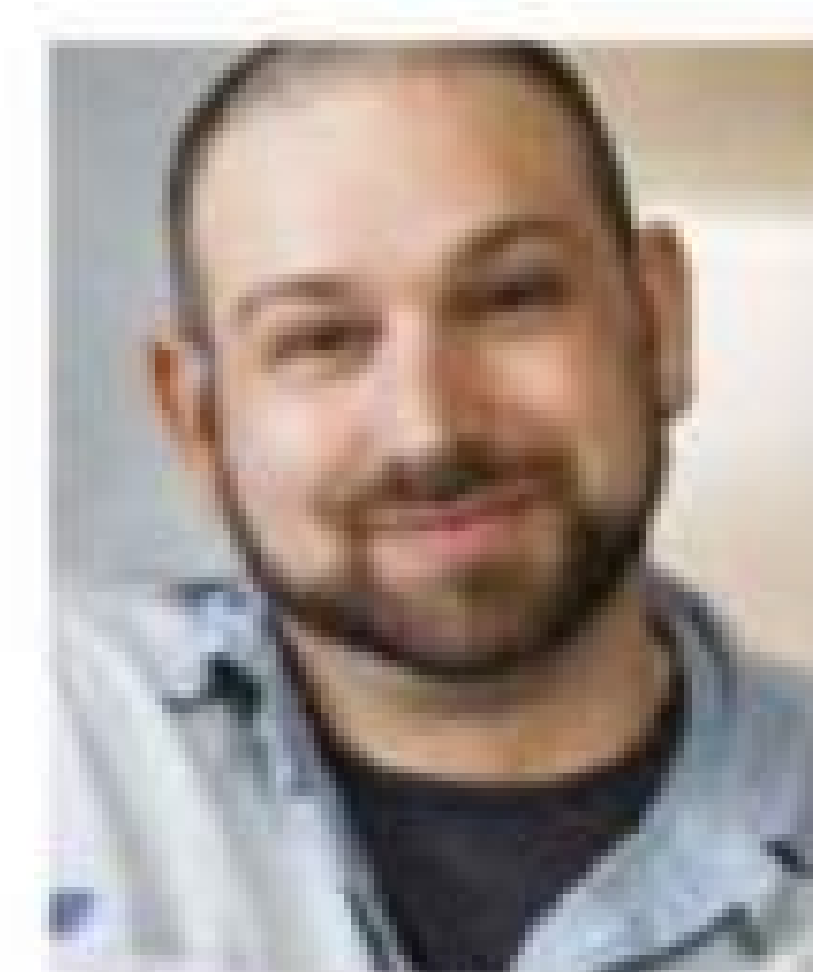


CHEVY CHASE

"We met on a film that went nowhere, and then he invited me on *Community*. The show is hilarious!"

Cheap marriage thrills!

What price marital bliss? Twenty bucks, max, says Aaron Traister, who firmly believes that happiness costs less when you're hitched.



REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/whysguy.

I visited Gwyneth Paltrow's website, Goop, for the first time the other day, because I was looking for gift ideas for my wife, Karel. After surveying suggestions about trips to Marrakech and a \$52 leather flyswatter, I began to wonder if Goop is unwittingly written specifically for hedge fund managers and plantation owners—people who believe that the things we should “Do,” “See,” “Be,” and “Get” in life are mostly very, very expensive. It's certainly not written for me.

Karel and I got married in our early 20s, before we

had careers or a house or pretty much anything. Goop recommendations like \$250 shorts and starting our own contemporary art collection were not in our budget; cans of Miller High Life and hanging out on the porch were. Nine years later, not much has changed. The big money goes for things like fixing our decaying

bathroom floors (our plumber just told us that the second-floor toilet is “floating on a sea of rotted wood”) and keeping the kids clothed, fed, and healthy. We live really simply everywhere else. One of the great treasures of married life is that you don't have to impress each other with cash and flash. Unless you're keeping up with the Paltrows, everything really worthwhile is pretty darn cheap. Such as:

\$20 dates. What guy wants to shell out for a *Bachelor*-style super-date? Imagine how lame you'd feel if you rented the Hollywood Bowl, catered in all-you-can-eat ribs (that happens on *Bachelor* dates, right?), hired Josh Groban to serenade you, and then spent the whole time talking about the cat's flea medication or your kid's dyslexia. Awkward! On cheap dates you can talk about that stuff without feeling weird or unromantic or like you're wasting Josh Groban's time. Nothing beats dinner and a movie, a long walk at sunset, window-shopping at Home Depot, or skinny-dipping after breaking into the private pool at the old folks' home. (You can learn a lot about your partner by the way she treats the seniors when they inevitably catch the two of you making out on their deck furniture.)

After barely being able to get out of the house together for the last five years, Karel and I have come to appreciate any time together away from our children. We don't need opera tickets or a fancy dinner; we can be prepping for an IRS audit and as long as we're not with the kids, it's like a magical romantic scene from Disney's *Aladdin*, only with less singing and more cursing.

Target lingerie. When I met Karel, she had just stopped working in the fashion industry, where she had been designing mass-market lingerie. Her philosophy was that every woman deserved a cute set of sexy, affordable bras and panties. However, for her personal collection, she went with high-end stuff like Cosabella and Agent Provocateur. These lacy, barely-there confections were a point of pride for Karel and a great source of inspiration for me, but



after we got married and started our cash-strapped lives together, her lingerie drawer slowly transitioned from couture to Target. I gotta say, I don't notice a difference in the visuals. And frankly, the Target stuff is a much bigger turn-on, because I can rip it off more easily and Karel doesn't get bummed out (no pun intended) if it gets ruined.

Also great: going nowhere. After I got married, I realized that, for the first time since I was about 16, I could stay in on Friday and Saturday nights and never again worry about running around like a madman until 4 a.m., trying to hook up. My idea of a perfect Friday night is a dozen crabs, a six-pack of beer, the kids in bed, and Karel and me at the kitchen table picking claws and talking. "Crab nights" count as high-end romance in my book, but even a cheaper evening of sharing a blanket on the couch watching old '80s sitcoms is a million times better than the fist-pumping, GTL grossness of a Friday night on the prowl.

Un-fabulous jewelry. Does any guy enjoy buying jewelry? I mean, it's intimidating, awkward, and always weird to be called "sir" by the salesperson. I generally walk away feeling like I've just been hustled into spending my money on something that came out of the ground that I can't eat. Lucky for me, Karel is

an earthy girl. She likes to make her own un-precious, beaded jewelry, or have it made by people at craft fairs who smell like patchouli and are probably stoned. And I wouldn't trade the beaded Mexican wedding necklace I gave her on our first Christmas together for all the diamonds in a Lil Wayne video. She looks smokin' hot in it, and it's a reminder of not just how far we've come together but how good it's been since the beginning.

Nothing beats
dinner and
a movie, or
skinny-
dipping in the
pool at the old
folks' home.

Kid-gazing. Everyone is so afraid that their relationship is going to become all about the kids, but the truth is, there is almost nothing as special as sharing the experience of watching your children grow up. I'm not sure it counts as cheap—Lord knows, raising kids is the last thing anyone would

describe as "cheap." But the best moments are the ones that make you squeeze your partner's hand in silent astonishment and pride, like when your 5-year-old son includes his little sister in a game with his friends so "she won't be sad," or when your 2-year-old daughter tells a well-timed fart joke for the first time and cracks up a line of stony-faced adults at the DMV. Okay, that last one might have meant more to me than to Karel, but such moments are priceless, yet free. And you can't See or Get them on any website. **R**

Straight answer from the Whys Guy

Dear Whys Guy: My long-term boyfriend is really into role-playing, and I am very uncomfortable with it. How do I convince him that the real thing—sex where we just play ourselves—is so much more fulfilling? —Shauna, PA

Dear Shauna: I'm not a fan of role-play either. The thought of pretending to be a blue guy from *Avatar* or a cop just makes me want to laugh. But if Karel were really interested, I'd probably give it a whirl. That said, if it's all your boyfriend wants to do and you're not excited by it, he needs to back off. Pressuring each other isn't sexy, so try a compromise. Maybe you can indulge him occasionally (hey, it's Role-Play Thursday!). The rest of the time, show him how much more imaginative you are in bed when you aren't worried about staying in character.

Need help decoding male behavior? Email your questions to redbook@hearst.com (subject: Whys Guy). Letters may be edited for clarity and length.

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Drama following you into 2012?

Take a deep breath and let Karen Karbo handle it from here.



Advice guru Karen Karbo is a mom, a teacher, and the author of the new book *How Georgia Became O'Keeffe*.

I snooped...and found something

My husband has been giving exercise tips to a flirty married woman at our gym. I got worried and did a terrible thing: I checked his cell phone. She had left several text messages and voice-mails offering sex. His responses have always been of the "no, thanks" variety, but he still works out with her. I've asked if he's interested, and he says he's not. Should I confess that I read his texts, or is that a giant, unforgivable marital no-no? —J.M., 42, MICHIGAN

You've put yourself in a tough spot. Not only have you invaded your husband's privacy—a no-no, whether you're married or not—but now you're privy to info that you can't really use, except to torture yourself. As snoopers find out very quickly (yes, I'm no stranger to reading messages meant for others), what goes on in people's minds is never ours to know. So I don't think telling him is going to solve your problem with the sex-crazed exercise lady, and it'll just make him distrust you. Since you've already asked him if he's interested in her and he's said no, you're obligated to believe him. However, you can absolutely request that he stop helping this woman. If he balks, then you'll have reason to suspect he's not being completely honest with you—and you may need to come clean about what you found. But cross that bridge *if* you come to it. And in the future, keep your paws off his cell phone!

Is he too old?

My 18-year-old daughter fell for her gym teacher, who is 10 years older than she is. He's a very nice guy, and I have no problems with their relationship, but my family and friends are totally against it. Should I interfere in my daughter's love life and tell her that he's off-limits—even if I don't believe that—or just let nature take its course? —A.L., 44, NEW JERSEY

If you're not concerned about this relationship, Mom, you should be. Your daughter is still a teenager. The human brain doesn't finish maturing until 19 or 20, which means her ability to make good choices on her own is not what it will be in even a year's time. Her boyfriend, however, has maturity and experience that give him almost all of the power in the relationship. Also remember that he was her teacher—he abused the authority he had over her. You can't force your daughter to break up with him, but steer her toward activities that broaden her world: education, new job opportunities, maybe travel. It'll help her get more life experience that will allow her to make a better decision about whether or not this guy is right for her. Yes, older men have hooked up with teenage girls throughout history; that doesn't mean it's good for the girls.

They're just not that into us

My husband and I are friends with another couple, and whenever we get together the wife will say things like, "We need to do this more often." Yet months go by before we see them again, despite our frequent attempts to meet up. I'm beginning to wonder if she means it. Am I reading too much into this? —D.K., 29, PENNSYLVANIA

It does stand to reason that if they wanted to be around you more, they would make that happen—but maybe not. Hey, I have friends I love spending time with, but life intervenes, and days become weeks, then months, before I get around to seeing them. (Apologies, friends!) If you hang out with this couple every other month, that could feel like "often" as far as they're concerned. The only way to find out is if you back off and see if they reach out to make plans with you. Then you can either accept Friendship Lite, or let it fizzle out.

Do you need life advice?

Send questions about perplexing friends, family, mates, colleagues, and anyone else to karenkarbo@redbookmag.com, and include your initials, age, and state. Letters may be edited for clarity and length.

TARA DONNE

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Underage on Facebook

What are millions of children under 13 doing on the social networking giant? Their parents aren't exactly sure—and that's what's so frightening. By Susan Dominus



There are 7.5 million kids on Facebook, and 5 million of them are 10 or younger.

Rebbecca Coleman, a writer and mother of two who lives outside of Washington, DC, was bustling about the kitchen making dinner when her 11-year-old daughter called out to her. “Mom, I got a friend request from some man,” she said, typing away on the living room computer. “Should I accept it?” Her daughter threw out a name Coleman had never heard. “Do we have any mutual friends?” Coleman called back. They did not. “Do you know him?” She asked her daughter. The answer was no—which was all Coleman needed to hear. “No,” she told her daughter, rushing into the room. “No, no, *no!*”

For Coleman and her fifth-grader, it was just another day on Facebook, a site that has turned the family computer into a portal to the Wild West. Perils large (the potential pedophile) and small (the temptation to over-share) await each time she logs on. Sometimes Coleman catches her daughter's missteps before they happen; other times she's a little late. She would have liked, for example, to have had the chance to edit this recent status update: “Lice is itchy.”

Use of the site among children ages 8 to 12 is skyrocketing: 7.5 million kids under the age of 13 are on Facebook, according to research in *Consumer Reports* last June, and

some 5 million of those are 10 and under. A study published this November in *First Monday*, an academic journal, found that 55 percent of parents with a 12-year-old reported that their child had a Facebook account, and of those parents, a majority—76 percent—had helped them set it up. Because Facebook, in keeping with a law designed to protect children's privacy, will not allow anyone under the age of 13 on the site, that means those parents most likely sat with their children as they typed in a fake birthday so they could get on and join the crowd.

Mark Zuckerberg, Facebook's founder, has hinted that he hopes the laws will change so that kids can sign up sooner. But for millions of young people, the site has already become as much a part of their days as algebra, soccer practice, and *iCarly*. Facebook is doing nothing short of changing the experience of childhood, preserving it in electronic amber and documenting it in real time. Kids have always been exposed to risk, to embarrassing themselves, to making bad judgment calls, but never before have those mistakes been so public and so permanent. "They're more indelible than if you chiseled them into the walls of the Parthenon," points out Douglas Rushkoff, author of *Program or Be Programmed*. Every "like" to a cruel comment, every failed attempt at humor on someone's wall—on Facebook, they live forever.

The site presents a complicated decision tree for many parents, especially those with kids under 13: Should they let their children join the site, and if they do, with what boundaries? The stakes are high, the costs of either choice real. Allowing a child on Facebook exposes him or her to the inherent risks of life online. Denying access can deepen that child's social isolation—she won't just miss the party invitation, she'll miss the pictures, the comments, and the inside jokes that follow.

When parents ask themselves the question "What's the worst thing that could happen on Facebook?" they might flash to the possibility of a sexual predator or some other stranger worming his way into a child's world—the scenario that could have played out for Coleman's daughter, had her mother not been in the loop. But what parents really have to grasp is the far more likely source of trouble for their child: all those *other* kids on Facebook.

FRIENDS AND FRENEMIES

Boys and girls alike use Facebook, and boys and girls alike abuse it. For boys, the site can be a place to try the kind of macho posturing they would never attempt in the school yard. The results, however, play out in real life, as one Jersey City, NJ, 14-year-old found out last March. He reportedly was using Facebook to intimidate two 12-year-old boys because he was upset over a girl. He threatened, among other things, to tie one boy to a pole with a rope, attach the rope to his stomach and to a car, and drive off, so that his body would rip apart. Said face-to-face, it

might sound like the worst kind of adolescent hyperbole; written on Facebook, it landed him in police custody.

But there are key differences in how boys and girls experience Facebook, especially younger girls, according to the latest report from the Pew Research Center's Internet and American Life Project: One out of every three girls ages 12 to 13 who uses social media says that people her age are "mostly unkind" to one another on social network sites. Only one out of 11 boys feels the same way.

"All the research suggests that within middle school kids under 12, girls manipulate each other on Facebook much worse than boys," said Danah Boyd, a professor of communications at New York University who writes extensively on the issue of young people and the Internet. "A lot of what you'll hear from girls is, 'I was just joking around,'" she says. "And then things escalate."

There is apparently no such thing as too young to flame—and Facebook is a particularly combustible setting. The younger the child, says John Duffy, a clinical psychologist in La Grange, IL, who specializes in teens and tweens, the more brutal the language she may use. "A girl 9, 10, 11—she's too young to understand the repercussions," he says. Girls lob words the way they slingshot Angry Birds, but what comes crashing down is another girl's confidence. "At that age, her self-esteem is just being established," Duffy explains. "She has nothing to stand on."

One of his clients, a 12-year-old girl, had to switch schools after a Facebook page was created specifically to humiliate her. "It was called 'Hate' and then her initials," says Duffy. The girl had been bullied already, but it was the public nature of all those comments that left her sobbing in his office. Another of his clients, a popular 14-year-old girl, casually informed him that with one Facebook posting, she could ruin the life of any girl she chose. "She told me that all she'd have to say was so-and-so was a slut or ugly or a loser," Duffy recalls.

In Sydney, Australia, in 2010, a family turned frantic when, for two weeks, an anonymous someone sent the mother, her 12-year-old daughter, and the girl's friend pornographic images and threatening messages on Facebook. According to the *Sydney Morning Herald*, when the federal police got involved, they discovered that the stalker was another 12-year-old girl.

In Issaquah, WA, earlier this year, an 11-year-old and 12-year-old girl spent an afternoon they had off from school humiliating Leslie Côté, another 12-year-old girl, on Facebook. They broke into her account, posted lewd messages on her wall, and used her account to invite boys to come over to her house for sex, so it appeared as



One girl
said that
with a
single
Facebook
posting,
she could
ruin the life
of any girl
she chose.



if she was sending those messages herself (they also included her phone number and home address). Leslie's parents pressed charges, including trespassing and cyberstalking, and the older of the two tormentors was sentenced to community service and probation.

"Our daughter was on Facebook, and we monitored it closely," says Leslie's mother, Tara. Leslie's stepfather had even checked her news feed a few times on his phone the day the abuse happened but had seen nothing amiss. "The girls were sophisticated," Tara explains. "They de-friended anyone they knew was a relative, so it didn't come up on our feeds. It's just so easy to hide behind a computer screen and bash somebody." Even so, her daughter is still on Facebook; Leslie wanted to stay on the site, and her parents see no reason why she shouldn't be. "*She* didn't do anything wrong," says her stepfather.

Even a perfectly normal day on Facebook—one that wouldn't necessarily provoke, say, a police investigation—entails new levels of stress for girls, says Rachel Simmons, author of *Odd Girl Out* and an educator who runs anti-bullying workshops. "It doesn't introduce new insecurities, but it amplifies the ones that are already there. Just at the age when they are starting to figure out what a best friend means, and feeling desperately afraid of losing that friend, they are being exposed to lots of anxiety triggers." Who has more "friends"? Whose status update is getting more "likes"? It's all there for everyone to see.

"Girls 'marry' and break up with each other over the course of a day, all in hopes of illustrating their popularity," says Katie Cappiello, the writer and co-director of a play called *Facebook Me*, which is based on the real experiences of girls online. "It's incredibly distracting." But

Cappiello finds it even more troubling that "at a time in life when girls are trying to figure out who they are, they're busy developing a dual identity. They spend hours trying to capture the 'perfect' profile shot or to craft the 'perfect' comment." Real life may be messy, but on Facebook, the illusion of control is irresistible.

CAN YOU "FRIEND" YOUR KID?

Plenty of experts eagerly critique mothers and fathers who choose to help children under 13 set up Facebook accounts. But can millions of parents all be wrong, or are there some real benefits to acknowledging the technology and actively guiding children through it?

When her daughter nearly friended a stranger, Coleman treated it as a teachable moment. "She's making mistakes while she's still listen-

ing to me and in plain sight," she says. The longer a parent waits, the less chance he or she might have to educate, Coleman points out. "It's riskier to hold off until they're 13 or 14—when they already think you're an idiot—and

then say, 'Okay, *now* you can have a Facebook account.'"

Some experts acknowledge that for parents who can access their child's Facebook page and are willing to take the time to check it regularly, the site can provide invaluable insight. "Instead of following breadcrumbs to see where our children have been online, we get an instant window into their social world," says Michelle Anthony, a psychologist and coauthor of *Little Girls Can Be Mean*.

When a pal of her daughter's posted gushy status updates about how much she loved her (older) boyfriend, it was a cue for Coleman to start a conversation about age differences between boys and girls who are romantically involved. "Because of Facebook, I have a much better idea of who her friends are, and which ones I might look out for—which ones are trustworthy and which ones have parents who clearly aren't paying attention," she says. Do kids say things on Facebook that they wouldn't blurt out in the backseat of a car on the way to gymnastics? Absolutely, which means that parents can get the same rare access into a child's life outside the home that they might get from a diary (minus the guilt of snooping).

Carol Specht, a mother in Mundelein, IL, felt comfortable allowing her 11-year-old daughter on Facebook; like many parents, she thought it was a wholesome way for her child to communicate with cousins and friends who live out of town. The thing she finds troubling about the site is the way it literalizes the girls' social lives: the photos, right there for all to see, of events that some children may not have been invited to. "I see things and think, *Well, I bet she would have liked to have done what they're doing.*" Her daughter doesn't seem troubled—after all, not everyone can be at every event—but Specht is glad she is aware of tensions that could kick up in the future.

Anthony does worry that parents overestimate their ability to patrol their child's use of Facebook and underestimate how quickly a world on Facebook expands. Your 11-year-old may be friends with a 13-year-old who is friends with a 15-year-old who posts on the 13-year-old's wall, she points out. Now your 11-year-old is socializing with the 15-year-old, via that mutual friendship.

"The real problem is that they are exposed to issues they are not prepared to handle, not because they are immature but because they are the right maturity for age 10," says Anthony. "Yes, they're already exposed to racy subjects on television, but now they're participants." Naomi Reid, a mother of four in Wichita, KS, was alarmed to see her 11-year-old stepdaughter posting—no doubt, reposting—a quiz on her Facebook page that asked questions like "If you snuck into my room?" and offered answers like "cuddle" and "partyyyy!"

The knee-jerk answer for parents of children under 13, or even older, might be to keep them off Facebook. Not so fast, says Danah Boyd of NYU. Parents have to acknowledge that there can be painful consequences if

"I feel bad," says one tween about Facebook, "like it's a waste of my life."



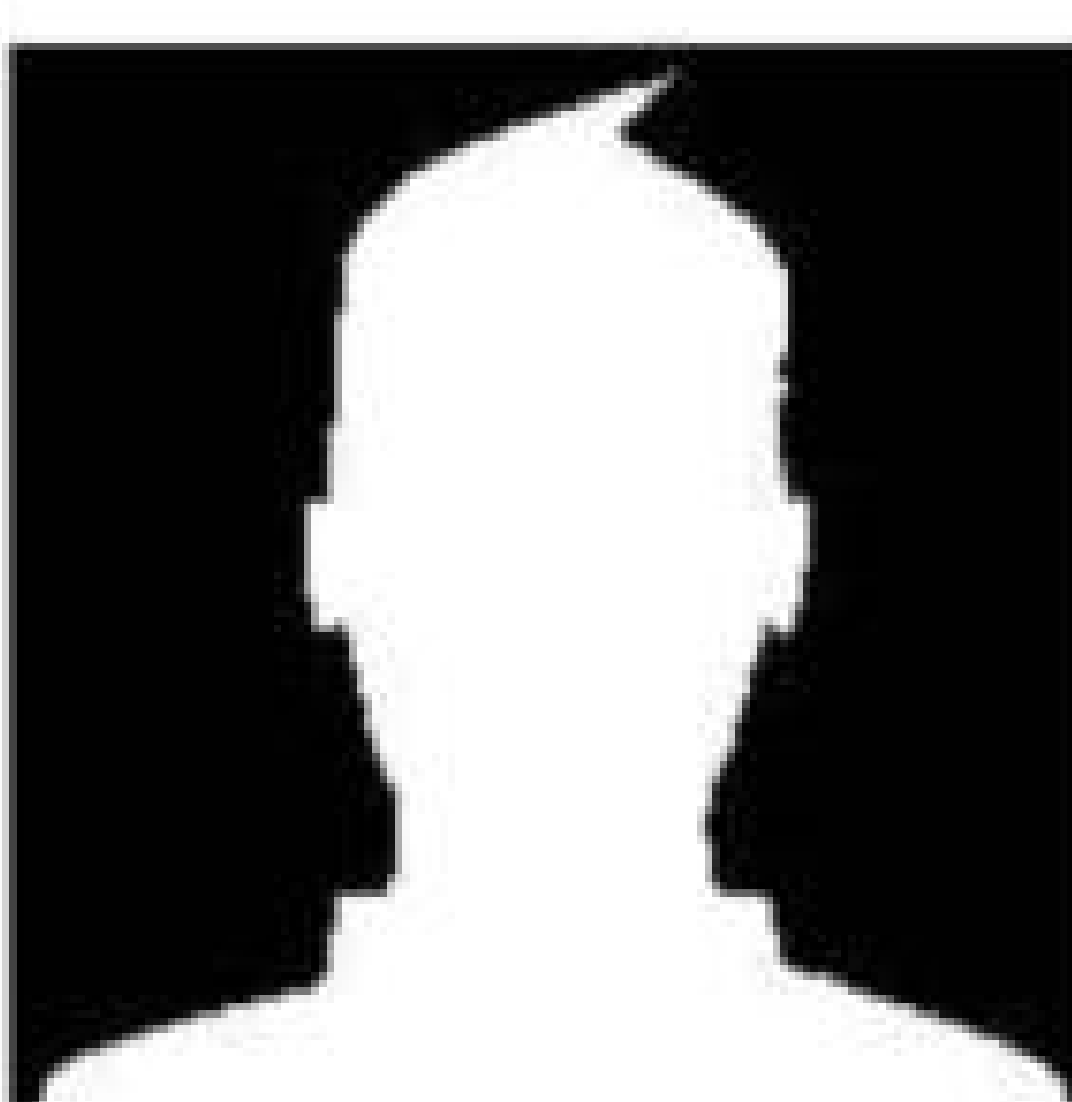
Your child's best friend
whose parents don't even know she's got an account.



The class clown
who thinks it's *hilarious* to send links to porn sites.



A pal's 15-year-old sister
who posts about her hot boyfriend's all-night parties.



The adult stranger:
Why did he friend her?
And what does he want?



The popular girl
who "marries" and de-friends her, all in one day.

their kids are excluded from using the site in a community where it's the main means of socializing. "You can enforce a ban on Facebook, but at what cost?" she asks. "My mom kept me from the mall, which is where all my friends hung out, and then she had to deal with me being a wreck because people didn't invite me to anything anymore. There is no one norm. You have to assess the dynamics of your community—and your own child's maturity."

RULES OF THE ONLINE ROAD

Should a parent decide to allow a child under 13 on Facebook, many experts agree on some guidelines. Parents who help set up a child's account should walk the child through the privacy settings, and choose strict ones: settings, for example, that will not allow anyone but friends to see status updates, photos, or comments that the child makes to other friends. They should also explain the limits

of those protections to the child—that a photo she posts can be copied by a so-called friend and sent out into the universe. Parents should insist on being friends with their child, but even more importantly, also know her password so they can periodically check to make sure they haven't been blocked.

That said, researchers also suggest that parents refrain from posting on their children's walls. "Parents and kids don't fully understand the tricky dynamics of each other's social worlds," Ann Collier, the co-founder of Connect Safely, an Internet forum devoted to the issue of children's safety online, has noted. Embarrass your child once and you may lose privileges for good, possibly without knowing it.

Lisa Damour, a psychologist and the director of the Center for Research on Girls at Laurel School in Shaker Heights, OH, suggests that if parents have a trusted older girl in the family's life—a favorite responsible babysitter, a beloved cousin—they ask her to talk to their children about Facebook. Were there mistakes she and her friends have made? "Adolescents often glaze over when being coached by adults on how to use Facebook, but they listen with rapt attention to advice coming from a 'cool' older cousin or family friend," she says.

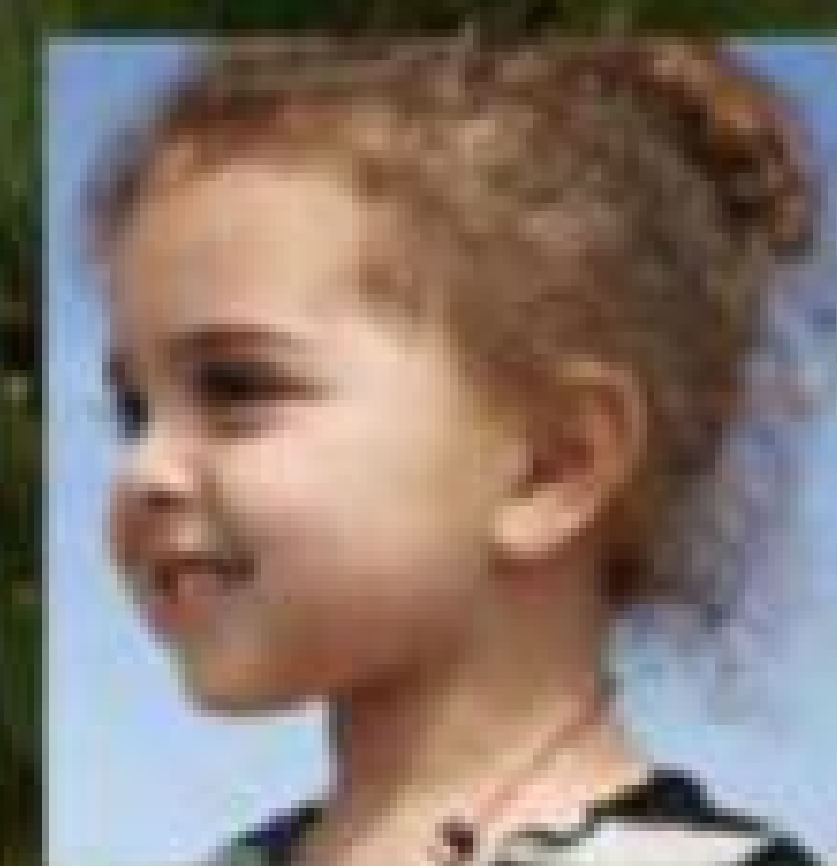
It may be that the next generation of kids will have an easier time on Facebook, that schools will figure out how to educate them about using it with sensitivity and restraint.

It seems even more likely that some other technological revolution will bring a new set of parental headaches. Lori Bongiorno, a mom in Brooklyn, NY, notes that some kids her 13-year-old daughter knows are augmenting Facebook accounts, which their families can search for by name, with Tumblr blogs, which are harder to track, when they want to post racier material.

Bongiorno's daughter, Eliza, is not a manic Facebook user, nor the target of bullying, nor someone who agonizes over every status update she posts. She does admit, however, to losing precious time to the site. "I mean to go on for 10 minutes," she says. "Then suddenly it's 20, or even more." She gets caught up in other kids' photos and in endless Facebook conversations. She is exhausted by all of it. "I feel bad," she admits, "like it's a waste of my life."

Asked if there was anything her mom could do to make Facebook less stressful, Eliza surprises herself by having an answer. "I wish she would put limits on how much I use it," she confesses. "Because I can't help myself." ❊

Kyle Richards, interviewed by her daughter Portia, 3



The star of *The Real Housewives of Beverly Hills* is also an author and a bag designer. But to her mini-me, she's just Mom.

Portia: Mama, I wear makeup sometimes, right?

Kyle: Well, I let you play with my makeup and wear my shoes, but you help me put my makeup on sometimes, don't you? You helped me last night.

Portia: I put lipstick on you and sparkles on your eyes. I love sparkles! What's your favorite food to eat? I know, I know, yogurt!

Kyle: I think that's *your* favorite thing to eat.

Portia: You like dog biscuits!

Kyle: [Laughs] That was an accident. I thought I was grabbing a Teddy Graham—not a dog biscuit!

Portia: Did it go into your tummy?

Kyle: Unfortunately, yes.

Portia: I have a surprise for you, Mama. Close your eyes. Okay, open them.

Kyle: Ohhh, this is the monitor we kept in your room when you were a little baby.

Portia: Can we have another baby?

Kyle: I think four girls might be enough.

Portia: Can we buy one?

Kyle: You know we can't buy a baby. God sends babies to families, like you were sent to me.

Portia: Mama, which is your favorite toy?

Kyle: I like fast cars, and I don't mean toy cars. That's my favorite big-girl toy. But I don't drive fast, because most of the time I'm driving you and your sisters all over the place.

Portia: Which is your favorite hamster?

Kyle: My only favorite hamster is a fake one.

Portia: Mama, pleeeeeease can we get a real hamster?

Kyle: No, because they scare me, and I know I'm going to get stuck taking care of it just like all the other animals. I'd rather have another baby!

Portia: Yay, let's get a new sister! —ADAPTED BY LORI BERGER

Kyle's new book, *Life Is Not a Reality Show: Keeping It Real With the Housewife Who Does It All*, is in bookstores now.

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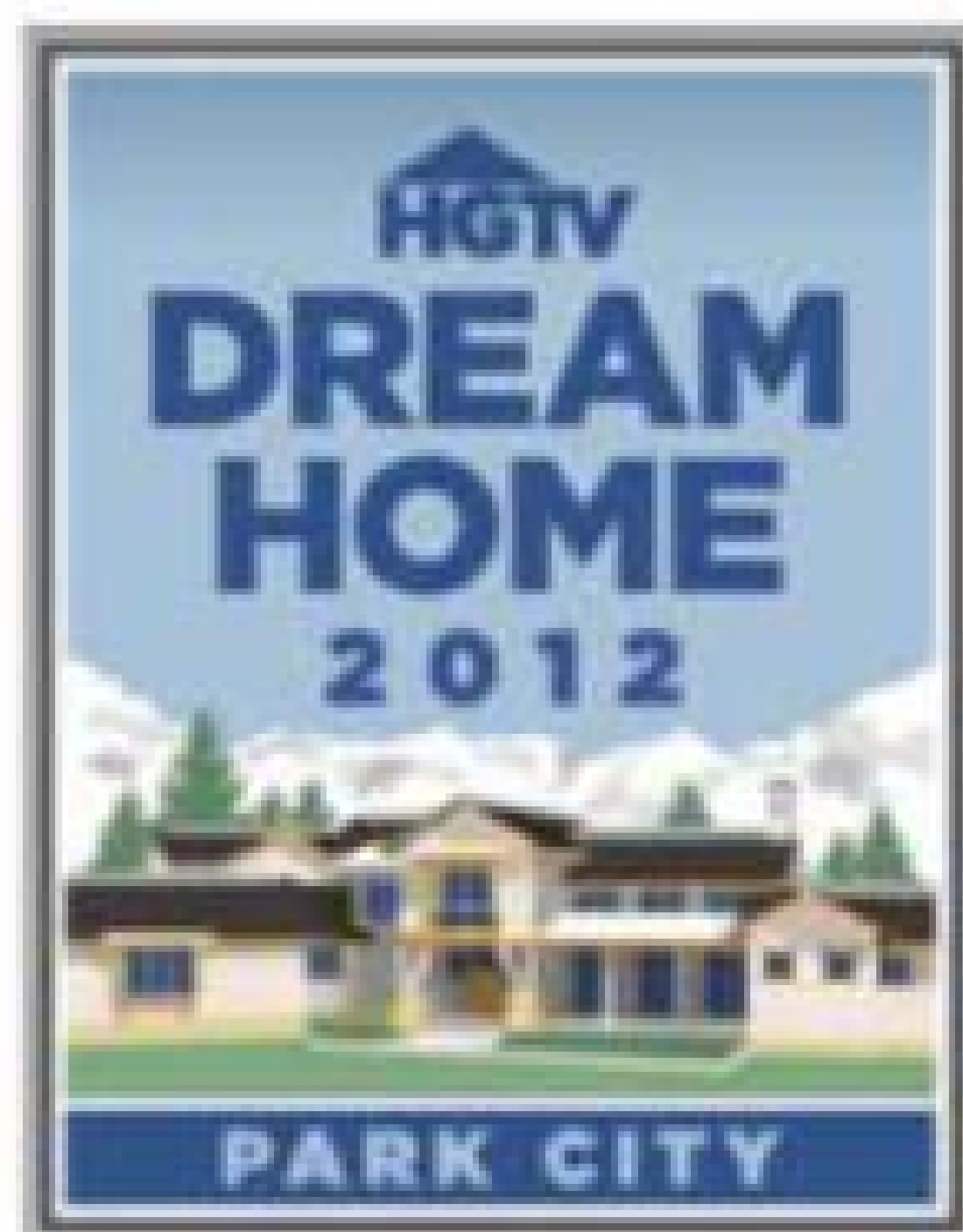
january

what's new, noteworthy & now

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REDBOOK is thrilled to introduce our new partner, Gifting Grace, an amazing online resource for finding the perfect gift every time.

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MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW

● Prevent gift overflow.

"To create space post-holidays, try subtracting something old whenever you add something new," says Aby Garvey, founder of simplify101.com. Have your kids set up three bags: one for trash, one for clothing and toy donations, and one for stuff like art supplies that can go to the nearest preschool. P.S. Tell your guy the same goes for his new gadgets and clothes.

● Ditch your tree smartly. Use earth911.com's recycling-center locator to find places where you can dump your spruce safely, along with any worn-out decorations. Or check with your local Boy Scout troop to see if it offers tree pickup. Some do, and the fee (as little as \$5) helps a good cause.

● Cash in on gift cards.

Let's say you landed a card to Sephora but are lip-glossed out; you can trade it for an Amazon card of equal value, or 92 percent cash back, on cardpool.com. Just fill out the info for your unwanted card, then mail it in or enter the online code. The site also sells cards from dozens of retailers for up to 35 percent off.

—PERRI O. BLUMBERG

IT'S 10 A.M.

Time for a
post-holiday
purge

The **FED** guide to saving

Bank-fee switcheroos, jacked-up bills, insane consumer outrage proves that you can



Mad money?
Nope. Take back
what's yours and
get happy.

Mad as hell. That's how I felt when I discovered that Verizon Fios had overcharged my husband and me for phone and Internet service for five months in a row, to the tune of almost \$200.

An hour on the phone with customer service got me nowhere, but as luck would have it, my phone rang the next day with an automated call from Verizon, wanting to know if I was a satisfied customer. Ha! They invited me to email in my thoughts, and I was only too glad to do so. Perhaps it was my enraged, 10-paragraph-long note that got me to Renee, a customer service goddess. She unraveled months of tangled billing errors and credited all the necessary refunds to our account. We even ended up adding a deluxe cable package complete with DVR for \$20 less per month than we were originally paying for phone and Internet alone. And just in time for the new season of *Dexter*!

Everywhere you turn these days, it seems like the businesses we depend on for basic services, health care, and banking are finding ways to tack on fees or make errors in their own favor. Just ask Daniel DeVirgilio, an Ohio man who received a cable bill for over \$16 million in March 2011, or the Atlanta residents who were hit with grossly inflated water bills of up to \$3,000. But consumers are fighting back: 650,000 angry Americans protested—and defeated—new bank fees last October. When Bank of America, Wells Fargo, and Chase Bank repealed their plans for new debit-card charges, we were all reminded that speaking up *does* pay off. (But that

PLUSH STUDIOS/GETTY IMAGES.

UPwoman's money

health-care costs... enough! Recent fight back—and win big. By Virginia Sole-Smith

doesn't mean the battle's over. Banks are still upping fees on everything from new checking accounts to paper statements.) Stay on guard and follow the advice of these financial experts and REDBOOK readers, who went from seeing red to seeing green.

SAY NO TO HIGH BILLS

FIND OUT WHAT YOUR FRIENDS PAY. "Most people don't realize this, but you absolutely can call your wireless provider, car insurance company, and any other regular biller to try to negotiate

a better rate. Nothing is set in stone. Whenever I talk to coworkers, I'm amazed to find out we're paying different amounts, often for the exact same package!

You can say, 'My friend is getting what I get, but she's only paying X. What can you do?' That way, you're negotiating with a well-researched bargaining chip." —BARB CHANG, *head of product at Intuit Personal Finance Group*

GET THE PROMOTIONAL RATE. "I call my phone company periodically to find out if they're offering any new discounts. I recently snagged a great deal on a premium Internet connection, plus a \$5 monthly discount, just because I asked!" —CATHERINE LENARD, *author of Divine Riches*

THREATEN TO CANCEL. "These days, cable is a luxury for my family. I called our cable company, asked to speak to a supervisor, and explained that we were

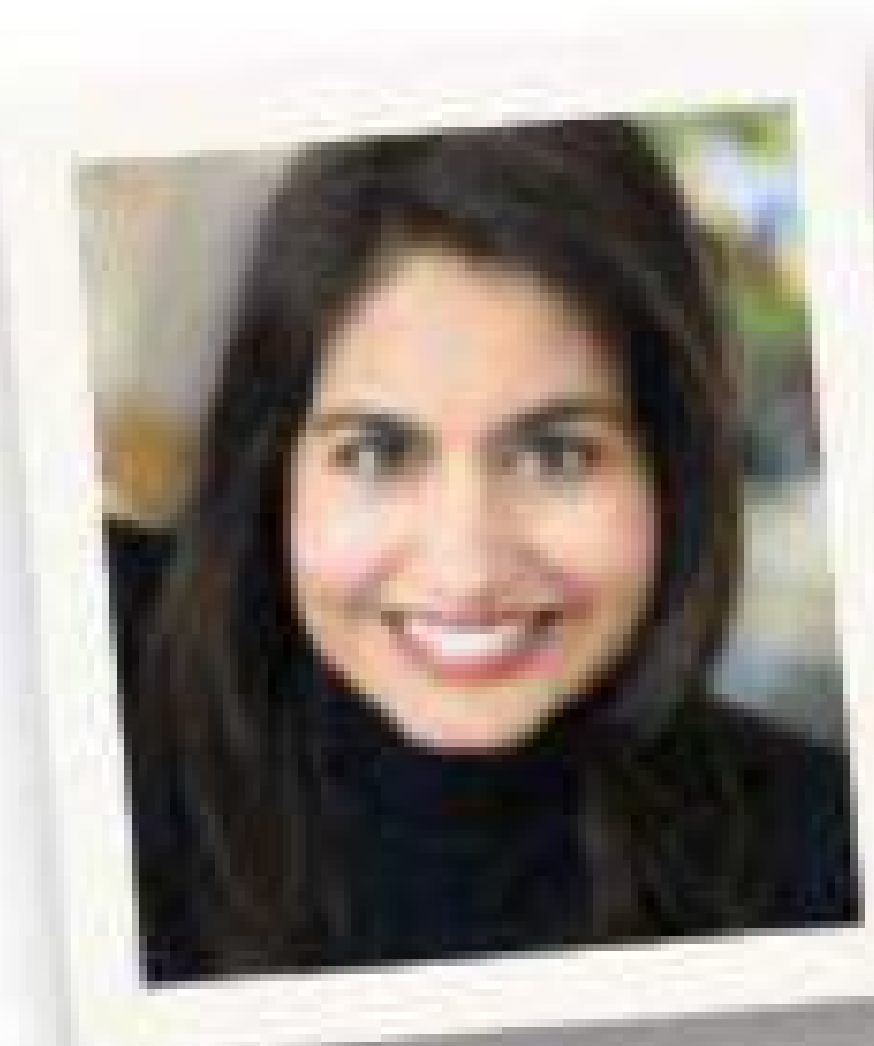
cutting every nonessential expense we could and that I needed to switch to a cheaper package. At first he declined my plea, saying I wasn't eligible for lower rates because they were only for new customers. But when I told him I'd have to cancel the entire service, he not only gave me the deal, he extended the introductory price indefinitely."

—HEATHER DEMERITTE, 31, *Scottsdale, AZ*

SLASH MEDICAL COSTS

PAY IN FULL. "Last winter, I crashed into a tree while skiing and separated my shoulder. When I checked out of the hospital, I asked if they'd cut me a deal on my \$300 bill if I paid it that day. They knocked off 10 percent!"

—DENISE WINSTON, *personal finance expert at moneystarthere.com, Bakersfield, CA*



USE YOUR FLEXIBLE SPENDING ACCOUNT, ALREADY.

"Not nearly enough employees use flexible spending accounts (FSAs), which let you

sock away as much pre-tax income as your employer allows for out-of-pocket medical expenses. It's like having a 40-percent-off coupon every time you see a doctor or fill a prescription—yet only one in five employees takes advantage! Since FSA dollars are currently 'use it or lose it,' people worry they won't be able to spend it all. Go to savesmartspendhealthy.com for a list of items that are FSA-eligible. In about 10 minutes, you'll surely find 20 things you can use those valuable FSA dollars on." —MANISHA THAKOR, *chartered financial analyst and spokesperson for WageWorks, a provider of FSA accounts* ➤



REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

One-up your savings strategies

Beth applauds your cost-cutting moves—and does them one better.

● **46 percent of adults bring their lunch from home**, a 2011 Harris poll finds. One-up: Rope four coworkers into a lunch-sharing deal in which each member feeds the entire group once a week. Cap the cost of prep at \$20, and say hello to a new, yummy, and fun lunch hour. Make extra portions of a dinner you're already cooking for your family, and you'll be set!

● **44 percent say they'll protect their money by never investing in the stock market**, finds a new survey by Prudential. One-up: Invest—the smart way. The stock market can substantially grow your money, so don't be afraid of it. Stay diversified with low-fee mutual funds. That way, if one company tanks, you won't lose too much.

● **21 percent of people now skip buying their morning coffee as an everyday way to save**, according to Harris. One-up: Try piggymojo.com with your husband or a friend to find even more stealthy savings ideas. Each time your savings buddy passes up a latte, a taxi ride, or an iTunes download, Piggymojo will send you a text message about the "impulse save," challenging you to match your pal's frugal ways.

REFUSE TO PAY—THE RIGHT WAY. “When I booked an appointment with a new orthopedist, I was told that if I arrived late, I would not be seen, but would still get stuck with the copay. The day of my appointment, I got there on time but I had to wait for almost an hour.



Afterward, they asked for my copay, and I told them that if the doctor could charge patients for being late, I wasn't going to pay for being kept waiting. They didn't argue at all! Sure, it was only \$10, but I strutted out of that office like I was John Travolta in *Saturday Night Fever*.” —TRICIA DORAN, 40, Londonderry, NH

CONTEST YOUR BILL. “Research shows that eight out of 10 medical bills contain errors—hospitals are notorious for trying to double-charge you. They'll list one fee for ‘room and board’ and then another for amenities like the toilet paper, toothbrushes, and shampoo used during your stay, even though all of that should be covered in your room cost. Ask to see the itemized bill, which is more detailed than the summary they'll initially send you. If you aren't sure what some charges mean, ask your doctor to go over it with you to confirm which services were actually performed.” —REBECCA WOODCOCK, cofounder of *CakeHealth.com*, a site that manages health-care expenses

DON'T GIVE UP. “My family was dependent on health insurance through COBRA after I was laid off. They terminated our coverage because of a billing mix-up—they thought a check I'd sent was short, though I'd called to confirm the amount with a rep before sending in the money. After months of writing letters to appeal, I finally convinced a supervisor to pull the tape of that first phone call with their rep. When they listened to it, they realized I was right and reinstated us.” —GRACIELA TISCAREÑO-SATO, 44, Hayward, CA



SAVE BIG ON BANKING

TAKE YOUR MONEY AND RUN. “I was a Bank of America customer for 20 years, until last November when they announced that they were planning to charge customers \$5 every month they used their debit card. I decided to move all of my family's money to a local community bank. Not only are there no debit-card or ATM fees, but they offer the same online tools and phone service as a bigger bank. They even have free cookies!” —MARIAN SOLE, 58, Kinderhook, NY

BE YOUR OWN ADVOCATE. “When my bank deposited my paycheck into someone else's account, it took me a month to get the money back. It was clear that my measly \$300 meant nothing to them—at one point, the branch manager had the nerve to offer to loan me the cash at 21.99 percent interest!



As soon as the money hit my account, I cashed out and switched to a credit union.” —ALLISAN LOOMAN, 27, Orem, UT

RAISE HELL IN PERSON. “If you want to fight a banking fee you feel is unfair, walk into a branch and speak with someone in person. It's very easy to get stuck on hold or ‘accidentally’ disconnected if you call to complain, but it's very hard to say ‘no’ to an irate customer who is three feet in front of you and not going anywhere.” —CASEY BOND, editor of *gobankingrates.com*

TRY A CREDIT UNION. “I switched from a national bank to a credit union and I couldn't be happier. I'm earning around 2 percent interest with my checking account. You won't be able to find a rate like that at a big bank right now. Making the leap isn't as difficult as you'd think; it's just a little time-consuming to redirect paychecks and online bill-pay. If you have a mortgage at your old bank, you can take it with you, but make sure the fees are worth it.” —ELLE KAPLAN, 35, CEO of *Lexion Capital Management*

Earn more, too!

Yes, times are tough. But no, that doesn't mean you shouldn't earn what you deserve. Here's how.

● **Ask now.** “To avoid turnover as the economy improves, employers are looking for ways to hang on to top talent. But keep in mind that timing is everything. Be sensitive not only to your boss's mood, but also to your company's fiscal health and budget cycle, so you don't end up making your pitch when business is slow or after the yearly budget has been set. And studies show that Wednesdays are the least stressful day of the week to approach your boss with a big request.” —FARNOOSH TORABI, CONTRIBUTOR TO YAHOO! FINANCE

● **Be the exception.** “My company had a freeze on raises, but I knew I was one of the top salespeople in our department, so I thought, *Freeze, schmeeze!* I sat down with my boss and explained why I thought I deserved it. I showed her how valuable I was to the company, and she went for it. I didn't get as much as I wanted, but it was a lot better than nothing.” —KELLY SHERMAN, 45, NEW YORK CITY

● **Get your foot in the door, then renegotiate.** “It's hard enough to land a job these days, so when I was hired as an IT consultant on a contract basis, I accepted the position at a lower salary than my skill set was worth. After I wowed them on the first project, they asked to keep me for another year. That's when I said I'd be happy to accept if I got a 17 percent raise. I shared emails from the company's top managers complimenting me on the work I did, and explained that I needed to be fairly compensated. They agreed!” —SHARI MCGUIRE, 43, MAPLE GROVE, MN



FROM LEFT: COURTESY OF SUBJECTS (3), JGI/GETTY IMAGES.

Go to redbookmag.com/fedup for even more money-saving tips from savvy women!

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Safe, Natural Pain Relief Medicine

Arnicare® Gel, made by Boiron, world leader in homeopathic medicines, is safe to use at the first sign of muscle pain. Arnicare Gel is unscented, non-greasy, and quickly absorbed. Available at Rite Aid, Walgreens, and other fine pharmacies and natural retailers. Visit Arnicare.com for coupon.

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America's #1 Selling Tinnitus products — homeopathic *Ring Relief® Ear Drops and Caplets* temporarily relieve ringing, buzzing or noises/pain in ears. In CVS, Walgreens, Walmart. *Fibromyalgia Relief® Homeopathic Caplets* for men and women provides temporary relief of pain in muscles, joints and ligaments. In CVS and Walgreens. Info: TRPCompany.com; 1-888-969-6855.



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Beautiful, silky hair is what you get with the Andis Tourmaline Nano-Ceramic Flat Iron. This iron straightens hair quickly, with a frizz-free finish. Variable heat settings, up to 400°, auto shut-off and tangle-free cord make it the perfect styling tool. www.andis.com



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For Hands, Feet, Elbows, Knees and Everything In Between! Udderly Smooth® Udder Cream and Shea Butter Foot Cream are moisture-rich with a light, fresh fragrance to soothe dry, thirsty skin. Excellent therapy for dry, chapped or cracked skin and is professionally recommended for Oncology and Diabetic skin care. UdderlySmooth.com



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Tend Skin® Liquid reduces the appearance of unsightly ingrown hairs and razor bumps from women's legs, bikini lines, and underarms; as well as men's faces and necks from shaving, waxing, electrolysis or laser hair removal. To request free samples call 1-800-940-8423 or e-mail sales@tendskin.com. Visit Tendskin.com. Sephora, CVS, Duane Reade, Ulta, Urban Outfitters, Chatters, Shoppers Drug Mart and beauty salons.



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If you suffer from vulvar discomfort, NEOGYN non-medicated skincare cream can help restore vulvar well-being. Tested by leading gynecologists. www.neogyn.us Enter RED1 for free shipping.



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Nip flu-like symptoms in the bud.

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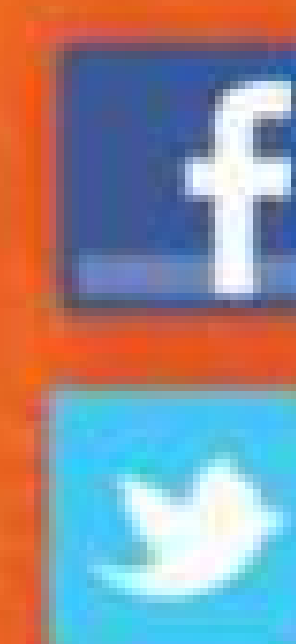
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Awesome organizers you already own

3 random items get a second life clearing the clutter that makes you crazypants.



FROM COOKIE SHEET TO BOOT DRYER

Get rid of the pile of slushy shoes by the door by repurposing an old cookie sheet. Just... **Spray-paint it a pretty color.** We went with this crisp blue, but use whatever goes with your entryway. **Add rocks.** You can scour a local beach—or cheat and buy 'em online. (We got these for \$6.99 at jamaligarden.com.) **Got lots of trays?** Paint them different colors and give everyone in the family their own.



FROM HANGER TO RIBBON TAMER

Know that pants hanger that your husband can't quite seem to keep his trousers on? Use it to Martha Stewart-ize your ribbons. We suggest: **Grouping spools by shade.** It makes it easier to find the best match for your wrapping paper. **And for extra credit,** tie a pair of scissors to the top of the hanger so you can snip and go.



FROM CD RACK TO MAIL SORTER

Turns out, the slots that once held your En Vogue collection are perfect for organizing envelopes. All you have to do is: **Stick on labels.** We used Post-it flat tabs (\$3.49 at officedepot.com). **Then arrange by** type of mail, with slots for bills, invites, coupons, and letters. **Or personalize it** with family members' names, so you, your husband, and the kids can grab what's yours.

My vet thinks I'm beautiful...
inside and out.

Iams Premium Protection with PreBiotics.

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L-CARNITINE
to help burn fat
in adult pets



NATURAL FIBER
for healthy
digestion



OMEGA 6:3
for healthy
skin and coat



6 ways to teach your kids the thrill of giving back

In a recent survey, 77 percent of **children** and teens said they had no clue what sort of charity work their parents did. These easy ideas make **doing good** a family affair.



Joy Harn (far right) and her daughters prep food for a charity event at the Historical Society of Long Beach, CA, in October.

1 Set the right example and volunteer with your child. “If you want kids to understand the importance of helping others, you need to be hands-on,” says Joy Harn, president of the South Coast Chapter of National Charity League Inc. (NCL), a mother-daughter volunteer organization. Those who join pledge to do at least 75 hours of community service annually, with activities like packing food baskets for those in need and babysitting for young mothers while they take parenting classes. Joy, 44, was a member as a teen with her own mom, and now she takes part with daughters Hailey, 16, and Hannah, 14. “It’s been great to see how their priorities have shifted,” Joy says. “They get that the cost of some pricey outfit will go to better use feeding a family for a week.” For details on getting involved (there are more than 160 NCL chapters nationwide), visit nationalcharityleague.org.

2 Encourage your kids to start a jeans drive at school and rally classmates to give pairs they’ve outgrown that are still in good shape to Dosomething.org’s Teens for Jeans campaign (teensforjeans.com).

Drop off donations at an Aéropostale store (find one at aeropostale.com/storelocator) between January 16 and February 12, and the company will distribute the clothes to local homeless shelters. Last year they collected nearly 550,000 pairs. Holy denim!

3 Read aloud *One Hen: How One Small Loan Made a Big Difference* to help little kids grasp the power of microloans. In the book, Kojo, a Ghanaian boy, uses money given to him by his village’s microlending club to buy a hen and sell the eggs to pay for schooling, which later helps him start a business. Get the \$19 book at onehen.org, and browse the site with your children to learn about microfinance nonprofits like kiva.org, where you can pick a family’s small business to fund.

4 Host a bake sale. Whip up treats with your little helpers and send the money raised to Share Our Strength’s Great American Bake Sale (gabs.strength.org) to end childhood hunger, which affects some 16 million American kids. “When I was 13, I saw a commercial about this campaign, and I got my mom to help me start a bake sale,” says Jackie Price, 17, of Rockville, MD. “Now I do it every year. Last May, I raised over \$3,000!”

5 Spruce up a playground with your kid using how-to guides from Kaboom! (kaboom.org/side_projects), an organization that has renovated more than 2,000 outdoor spaces. You can paint murals, install benches, and clean up litter to show playgrounds some love.

6 Help others from your kitchen table. A good possibility for young kids: “Use Saturday mornings to do something beneficial at home, like decorating the lunch bags that Meals On Wheels uses to distribute food to the elderly,” suggests Jenny Friedman, founder of the nonprofit Doing Good Together. “Then start a conversation about how the activity will make someone else happy. Children as young as 3 can understand that aspect of service.” Find project ideas at doinggoodtogether.org. —JIHAN THOMPSON



We didn't know
where to go next with
Eric's ADHD.

Adding nonstimulant **intuniv**® to his treatment plan was the next step for us.

If your child is taking a stimulant medicine for ADHD, and still needs more help managing symptoms like hyperactivity, impulsivity or inattention, speak with the doctor about nonstimulant INTUNIV. For some children, adding once-daily nonstimulant INTUNIV to their current stimulant has been shown to provide additional ADHD symptom improvement.

INTUNIV is a prescription medicine used to treat Attention Deficit Hyperactivity Disorder (ADHD) in patients 6 to 17, either alone or in combination with ADHD stimulant medications. INTUNIV was shown to work in clinical studies lasting up to 9 weeks. INTUNIV should be used as part of a total treatment program that may include counseling or other therapies.

Important Safety Information

Patients should not take INTUNIV if they are allergic to guanfacine or other ingredients in INTUNIV, or are taking other medicines containing guanfacine (eg, Tenex®). Tell the doctor about all medicines, vitamins, and herbal supplements your child is taking.

INTUNIV may cause serious side effects including low blood pressure, low heart rate, fainting, and sleepiness. Before starting INTUNIV, tell the doctor if your child has low blood pressure, low heart rate, heart problems, has fainted, has liver or kidney problems, is pregnant, breast-feeding or plans to become pregnant or breast-feed, or has any other medical condition. Patients should avoid becoming dehydrated or overheated while taking INTUNIV.

Patients should not drive or operate heavy equipment until understanding how INTUNIV affects them. INTUNIV can slow thinking and motor skills. While taking INTUNIV, patients should not drink alcohol or take other medicines that can cause sleepiness or dizziness as these symptoms may get worse.

The most common side effects of INTUNIV include sleepiness, tiredness, trouble sleeping, low blood pressure, nausea, stomach pain, and dizziness.

INTUNIV should be swallowed whole without crushing, chewing, or breaking the tablet. INTUNIV should not be taken with a high-fat meal. Do not change the dose or stop INTUNIV without talking with the doctor. The doctor will regularly check your child's blood pressure and heart rate.

Please see Patient Information on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

If you are having trouble affording your medicines, Shire may be able to help. Visit ShireCares.com or call 1-888-CARES-55.

For more information visit intuniv.com or call 1-866-272-1222. Ask the doctor about nonstimulant INTUNIV.

For money-saving offers on your child's prescription, visit intuniv.com

intuniv®
(guanfacine) Extended
Release
Tablets

INTUNIV® (in-TOO-niv)
(guanfacine)
Extended-Release Tablets

Read the Patient Information that comes with INTUNIV® before you start taking it and each time you get a refill. There may be new information. **This leaflet does not take the place of talking with your doctor about your medical condition or your treatment.**

What is INTUNIV®?

INTUNIV® is a prescription medicine used to treat the symptoms of attention deficit/hyperactivity disorder (ADHD).

INTUNIV® is not a central nervous system (CNS) stimulant.

INTUNIV® should be used as a part of a total treatment program for ADHD that may include counselling or other therapies.

It is not known if INTUNIV® is effective:

- for use longer than 9 weeks

It is not known if INTUNIV® is safe or effective:

- in children younger than 6 years old
- in adults

What should I tell my doctor before taking INTUNIV®?

Before you take INTUNIV®, tell your doctor if you:

- have heart problems or a low heart rate
- have fainted
- have low blood pressure
- have liver or kidney problems
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if INTUNIV® will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breast-feeding or plan to breast-feed. It is not known if INTUNIV® passes into your breast milk. You and your doctor should decide if you will take INTUNIV® or breast-feed.

Tell your doctor about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

INTUNIV® may affect the way other medicines work, and other medicines may affect how INTUNIV® works.

Especially tell your doctor if you take:

- ketoconazole
- medicines that can affect enzyme metabolism
- valproic acid
- high blood pressure medicine
- sedatives
- benzodiazepines
- barbiturates
- antipsychotics

Ask your doctor or pharmacist for a list of these medicines, if you are not sure.

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist when you get a new medicine.

How should I take INTUNIV®?

- Take INTUNIV® exactly as your doctor tells you.
- Your doctor may change your dose. Do not change your dose of INTUNIV® without talking to your doctor.
- Do not stop taking INTUNIV® without talking to your doctor.
- INTUNIV® should be taken 1 time a day, either alone or in combination with an ADHD stimulant medication that your doctor may prescribe. Your doctor will tell you when to take INTUNIV® and when to take your ADHD stimulant medication.
- INTUNIV® should be swallowed whole with a small amount of water, milk, or other liquid.

- Do not crush, chew, or break INTUNIV®. Tell your doctor if you can not swallow INTUNIV® whole.
- Do not take INTUNIV® with a high-fat meal.
- Your doctor will check your blood pressure and heart rate while you take INTUNIV®.
- If you take too much INTUNIV®, call your local Poison Control Center or go to the nearest emergency room right away.

What should I avoid while taking INTUNIV®?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how INTUNIV® affects you. INTUNIV® can slow your thinking and motor skills.
- Do not drink alcohol or take other medicines that make you sleepy or dizzy while taking INTUNIV® until you talk with your doctor. INTUNIV® taken with alcohol or medicines that cause sleepiness or dizziness may make your sleepiness or dizziness worse.

What are the possible side effects of INTUNIV®?

INTUNIV® may cause serious side effects including:

- low blood pressure
- fainting
- low heart rate
- sleepiness

Get medical help right away, if you have any of the symptoms listed above.

The most common side effects of INTUNIV® include:

- sleepiness
- nausea
- tiredness
- stomach pain
- trouble sleeping
- dizziness
- low blood pressure

Tell the doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of INTUNIV®. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store INTUNIV®?

- Store INTUNIV® between 59°F to 86°F (15°C to 30°C)

Keep INTUNIV® and all medicines out of the reach of children.

General Information about INTUNIV®

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information Leaflet. Do not use INTUNIV® for a condition for which it was not prescribed. Do not give INTUNIV® to other people, even if they have the same symptoms that you have. It may harm them.

This leaflet summarizes the most important information about INTUNIV®. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about INTUNIV® that is written for health professionals.

For more information, go to www.INTUNIV.com or call 1-800-828-2088.

What are the ingredients in INTUNIV®?

Active ingredient: guanfacine hydrochloride

Inactive ingredients: hypromellose, methacrylic acid copolymer, lactose, povidone, crospovidone, microcrystalline cellulose, fumaric acid, and glycerol behenate. In addition, the 3mg and 4mg tablets also contain green pigment blend PB-1763.

Manufactured for Shire US Inc., Wayne, PA 19087.

INTUNIV® is a registered trademark of Shire LLC.

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This product is covered by US patents including 5,854,290; 6,287,599; 6,811,794.

Version: 06/2011 INT-01940



Hello, Dolly... and Latifah!

Oy, it's January. So we called on the wisest and funniest women we know, stars of this month's *Joyful Noise*, for some instant uplift. Dispense as needed.

Tell us about your new movie, which is kind of like *Glee* set in the gospel world.

Dolly Parton: It's about a small town struggling to stay afloat.

Queen Latifah: People are losing jobs, and this choir lifts them up.

Did either one of you identify with the story?

DP: Coming from a little town with a lot of hard knocks, I can relate. My grandpa was a preacher, and we had plenty of poor relatives.

QL: I grew up singing church music in Bible school, where we kids [from East Orange, NJ] went during vacations to stay out of trouble. My aunt was a choir director, and I used to go to rehearsal with her.

DP: When I first started writing, recording, and performing, it was gospel. At our little Pentecostal church, we'd

do hand-clapping and holy-roller moves.

Had you known that about Dolly, Latifah?

QL: No. I also found out she can rap! And I learned so much just watching her operate with her crew. She gets up and cooks breakfast for everyone, and then pulls 12 to 14 hours a day on set, and still makes friends and family feel like they are important.

That's such a great model for women—to be a powerhouse but still sweet.

DP: I'm a steel magnolia. I always hold on to my tender and my sexy sides—but I'm also very definite about who I am.

The roles you've chosen have that stamp.

DP: I don't take parts where I'm a pushover or mistreated. Latifah is strong and confident and definitely no pushover either. We look like a pigmy and an Amazon together. But she can crumble like a cracker if

something touches her heart. I love her smile. And we talk about similar things.

Like what?

DP: She was embarrassed about her big boobs and told me I was an inspiration to her because of the way I carried myself.

QL: When I started to develop, at 11, I skipped the training bra and went straight to cup sizes. I had a lot of friends who teased me. Plus, I was a tomboy. I played basketball and would run holding my chest with one hand. So it was nice to see someone who carried herself in such a regal way. I eventually had a reduction...

But not you, Dolly?

DP: I had mine enhanced after I lost all my weight. I didn't want to disappoint my fans. I had to maintain my image!

What else did you two bond over?

DP: We love to eat! I've been fighting that battle forever. Latifah would be like, "Damn you!" because I'd be cooking up chicken and dumplings and she'd be trying to diet...

QL: Dolly would make this peanut brittle fudge and chocolate treat. I would try to stay away from that, but it would disappear.

Well, you both look great.

DP: If I look amazing, it's the joy I get from my music. Plus I have a good doctor, and I get a little Botox... whatever it takes!

That's very honest! Any tips on surviving these tough times?

QL: Start moving! Exercise gets those endorphins flowing. It releases "happy." Also, do some charity work.

DP: If you can do something for someone else, it helps you rise above your own troubles.

—MARISA FOX



Only Dolly (left, with Latifah) could fill out a choir robe like that...



Just your average action hero mom

It's a win for all of us when Kate Beckinsale, whip-smart mother of a tween, is deemed one of the sexiest women alive. The Underworld: Awakening star talks about men, marriage, and why every woman needs a little latex in her life.

*By Monica Corcoran Harel
Photographed by Gilles Bensimon*

IT'S 2 P.M. on a humid L.A. day, and Kate Beckinsale, 38, looks as cool as a sprig of mint. She wears skinny jeans, a silk blouse, and lethally high-heeled Prada boots—and there's not a hint of frizz in her thick, halfway-down-her-back hair. It's not just unfair. It's annoying.

But within minutes, Kate wins you back over with her warmth and honesty. Pushing up her sleeves, she riffs on everything from warp-speed technology—"I can't do a Kindle. I'm still upset about records players going away"—to her constant state of anxiety. "I'm genetically programmed to be beset with the odd doubt or neurosis," she says, with an unapologetic shrug. "But I'm finally comfortable accepting that rather than trying to cure myself of it." ►



Sexiness lessons, courtesy of Kate

1 Cinch that waist

A big, corset-style belt turns any figure into an hourglass, while a slim black skirt skims hips and thighs. Add a fitted white top and things heat up faster than you can boil water.

Top, Christian Cota. Belt, Temperley London. Skirt, Dolce & Gabbana. Earrings and ring, Adeler Jewelers. See shopping guide, last pages, for details—and to get budget-friendly takes on these looks!

storemags.com

"It's important to keep expanding your boundaries. I love that"





2 Give 'em the hot shoulder

Throw a man-magnet of a sweater over a tank and jeans next Saturday... and plan to miss the matinee. Sweater, Dolce & Gabbana. Tank, Michael Stars. Jeans, 7 for All Mankind. Heels, Aldo. Earrings, Atelier Zobel.

It's heartening to see the flip side of *Esquire's* 2009 "Sexiest Woman Alive," an actress known for playing smoking-hot, invincible babes. This month she reprises her role as the vampire assassin Selene in the fourth installment of *Underworld*, and takes on pistol-whipping smugglers and drug lords alongside Mark Wahlberg in *Contraband*. "He's very manly," she says of her costar. "In England there's a grand tradition of actors wearing tights and makeup. I wouldn't want to ask *him* to wear tights."

Kate's own British upbringing—she's the daughter of famous actor parents—included a proper education at Oxford and prizes for her writing. Early roles in films like the blockbuster *Pearl Harbor* and the indie hit *Laurel Canyon* put her on the map. All the while, she was raising her now-12-year-old daughter, Lily, mostly on her own. (Lily's father, the British actor Michael Sheen, was often away, working in films and plays.) But after being cast in sweet, quiet-girl roles one too many times, Kate decided to take on Selene in *Underworld*, and that's where she met her husband of nearly eight years, director Len Wiseman. "It's really important to keep expanding the boundaries of yourself," she says. "I love that I now get to play these empowered, kick-ass women."

Clearly, embracing non-traditional roles—whether as an action heroine or a mom—works for her. "It's been a magical, weird journey," she says. With a steaming pot of tea at her side, Kate opens up about breaking molds (and picking up some bruises) along the way.

REDBOOK *Contraband* and *Underworld: Awakening* are your first films in a few years. Welcome back! What did you do in your time off?

KATE BECKINSALE I was at home. We've got a kind of unconventional family situation, with two dads, and I've always been the constant parent, the one who is here. Even if I'm working, it's me. So if anything ripples the water, then it's important to be home. But also, I was a little heartbroken. I did a movie that I was very, very proud of, but it didn't come out. So I thought, *Let's take a break*. My daughter is about to be 13, and I realize how fleeting time

3 Master effortless waves and easy-sexy eyes

Here's the secret to looking completely irresistible without feeling foolishly over-the-top: Pair touchable waves with softly smoky eyes, fresh skin, and barely-there lipcolor that won't rub off on him. To get the how-to's for this look straight from the pros who created it, turn to page 142.



is. I was happy to be around Lily to talk about her day when she got home.

RB And to go to all her school events?

KB I never miss any. I fly back from wherever I am for whatever it is. This year has been a bit intense. I've done three movies back-to-back, with maybe three or four days in between. So I managed to get to graduation. That was really good.

RB So many women struggle with career versus motherhood. I don't know that we ever get the balance right.

KB One thing that's so amazing about women is that we spend the limited brain space we have when we're working or raising kids going, "How can I improve this?" Men seem to be very self-forgiving. "I was there for back-to-school night," you know? That's it. They feel good because it's more than their dads did. But we're competing with our mothers and their mothers. One of the things that I find most helpful is having friends who have kids at various different ages. The women I like most are the ones who are honest and cop to what they're doing. There's nothing more horrifying than that woman who goes, "Oh, my child has been sleeping through the night since he was born." Come on! It can't be true. Then your husband must be cross-dressing or something, right?

RB You had a pretty atypical childhood. Your parents were famous actors in England, and your father died when you were only 5 years old.

KB In England he's much more famous than I am, or could ever be. Even though he died, I was always his daughter.

RB And growing up, you won some awards for writing poetry?

KB And short stories.

RB Did I read that Ted Hughes was a judge for a poetry prize you won?

KB Yeah! He presented the award, and it was like meeting a rock star.

RB Do you still write?

KB Since Lily learned to read, less. If I had a house with my own office and I could lock the door, I might write more. I feel there's always the risk of being busted. Your kids will find anything you don't want them to find, wherever you put it. So, it doesn't matter if it's a short story you're halfway through or, you know, a slightly

racy joke birthday present someone has given you. They find everything.

RB I'm curious—having hated gym class, won writing awards, and gone to Oxford, did you ever think this is where you would be, kicking butt in action movies?

KB I'm still a bit confused about it. I feel like I went down the rabbit hole. I have veered off course a little.

RB What was your course meant to be?

KB I think the combination of being British and having done quite a lot of period films made people think, *She hasn't really got much of an edge*. Then I got offered—incredibly unwisely by my husband, who was not my husband at the time—*Underworld*. So I turn up, and they say, "Let's just see how you run." And their faces are just dropping, like, "We've got so much work to do!" But it's very rare, as an adult, to get the opportunity to become very good at something you suck at—or that you've never done.

RB Sadly, we stop learning at a certain age. What attracts you to action roles?

KB [They're an] incredible opportunity. Here I am with a gun; here I am on a wire; here I am learning gymnastics. I remember turning up in Budapest my first day of filming, running along a subway with a couple of guns. I thought I was going to die, I was so scared. But I very much wanted to play roles that were not just the girl taking a shower, the girl who was getting beaten, or just the girl. Now I'm someone who goes to Comic-Con—someone who knows what Comic-Con is!

RB What is it like to play Selene again? Does that suit feel like full-body Spanx?

KB Yes, that's why I like it. It really sucks everything in. Everybody looks quite good in it. Everyone should have one.

RB I imagine it's got enough give that you can move around?

KB Yeah. It does, however, have seams and stitching, and you have a couple moments where you go, "Okay, time for a new suit."

RB It split?!

KB Maybe once or twice.

RB I read that your mom did a nude scene when you were 10 and you were so mortified that you swore you wouldn't do it to Lily. Do you still feel that way?

KB Yeah. I think it's worse nowadays,

because you do something like that and somebody immediately makes a five-times-as-long feature on YouTube to rock music, and they play it over and over again. I'm not averse to doing a nude scene, but it would have to be something I felt I could really argue for in front of my daughter, and so far that hasn't happened.

RB How would she react to it?

KB She'd be mortified. At 13, you're mortified if your mother laughs too loudly.

RB You said you have an unconventional family. How do you and Lily's dad [Michael Sheen] co-parent?

KB Well, he's often gone for six or seven months at a time, because he works constantly, often doing theater. So we've got a rather fluid arrangement. When he's here and he says, "Hey, can I pick her up Tuesday?" I go, "Sure." I know that's not necessarily how it works for everyone, but we have very different circumstances right now. It's really important for her to have a relationship with her dad, even though she has a great stepdad.

RB It must feel normal to her.

KB I think Lily feels extremely comfortable with the family she has, and she's very used to Michael being away. The first year of her life, he was away for seven or eight months doing plays. It wasn't a jolting kind of thing; it was her and me, and Michael would come back and then he'd go. It's still like that. It's almost better. I'm not saying—there's always fallout from anything you do. And you're always going to find that children turn around and go, "You know, that messed me up a bit." I don't think they'd be able to leave home if they didn't have that.

RB I think that's part of evolution.

KB Absolutely, as well as your desire to do better with your kids. I'm not naive enough to think that having separated parents has no effect on Lily. I'm sure it does. But she certainly has never heard me talk negatively about either of her dads. If I have an argument, I don't think it's something I need to discuss or do in front of Lily. I don't believe in that.

RB And how do Michael and your husband, Len, get along?

KB They get on great. They always did. I have the best situation possible.

RB So no hard feelings from Michael,

whom you were still with when you met Len on the set of *Underworld*?

KB I've been married to somebody else for eight years. That's a very long time. I suppose there always has to be a villain, and it's often the woman. I don't know anyone whose life is actually like that. Just because you're in the public eye doesn't mean there's a good guy and a bad guy.

RB Life would be a lot easier if it were that simple.

KB You would see the guy coming with the twirly mustache. You could save yourself a lot of stress!

RB I read in an article that Len worships you. We want to hear more so we can inspire our own husbands!

KB We're just a good couple. Having a husband who's comfortable being very affectionate is important. Women do well with that. If the husband is very loving, the wife blossoms, and everybody's fine.

RB And how is Len different than other men you've been with?

KB I've adored people in the past, but I haven't had it come back like that before. I thought, *Oh, my goodness, this is nice!*

RB There were pictures of him online recently snapping photos of you on his cell phone on vacation in Mexico. So cute!

KB Oh, God, is it [the ones] where my bottom was everywhere?

RB Well, you were wearing a bikini, but just the fact that he was taking pictures was so sweet.

KB My husband is very visual. He's a director, so if he's having a great experience, he wants to preserve it. He's got photos of me and Lily, but he also takes pictures of the cat.

RB Is it hard being directed by him?

KB I love it. It is weird, though. When I turn up on set and he's being peculiar, I'll say, "You seem a bit funny. Why are you being different than you are at home?"

RB And for all of us who are used to seeing you shooting up the bad guys—what are you really like?

KB One, don't rely on me in a fight, if I happen to be standing there.

RB Would you run?

KB I'd be mortified. I'm a polite English person. Unless you say something nasty about my family, in which case, look out! ☹



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"Being affectionate is important. If the



4 Let your curves do the talking

Body-conscious and just bare enough (but not skimpy, no sir), a black dress like this lets your fantastic figure be all he notices.

Dress, Etro. Heels, Giuseppe Zanotti. Earrings, Ippolita.

Love these outfits? Turn to page 142 and get them for less.

husband is loving, the wife blossoms.”

23 TERRIFIC MORE, MORE,

OUT OF THE 45,000 ITEMS IN THE AVERAGE AMERICAN
TO THROW IN YOUR CART EVERY TIME FOR A

The deluge of products, nutrition information, and food philosophies—Eat like a caveman! Eat like a Chinese man! Eat like a hot chick!—is enough to make you want to feed yourself the same four ingredients every single day (hi, turkey on whole-grain bread). The problem with diet autopilot: “It’s like only doing push-ups for exercise,” says registered dietitian Christine Gerbstadt, M.D., spokesperson for the Academy of Nutrition and Dietetics; you’ll have strong arms but you won’t be fit. “If you want to live a long, healthy life, regularly eat a variety of foods rich in nutrients, live an active lifestyle, and make the occasional treat something you really enjoy,” says registered dietitian Linda Van Horn, Ph.D., a professor of preventive medicine at Northwestern University’s Feinberg School of Medicine and a member of the American Heart Association’s nutrition committee.

REDBOOK asked top experts in the health world to pinpoint the best foods loaded with vitamins, fiber, and nutrients that slash your chances of getting cancer, heart disease, and a host of other chronic conditions. Says Gerbstadt, “If you eat six foods from this list every day and maintain a healthy diet overall, your body will start to pay you back, inside and out.” So dig in.

APPLES An apple a day... well, *you* know. Besides containing quercetin, a compound that can protect brain cells from tissue-damaging free radicals, they’re a great source of filling fiber, which can help you slim down; one apple contains 16 percent of your daily dose. The latest good news: White-fleshed fruits (that means **pears** too) may help cut your risk of a stroke by about 50 percent, says a new study from Wageningen University in the Netherlands.

BANANAS Some shun them for being “too caloric,” but they’re still a fruit, people! One medium banana delivers about 100 calories to your diet, 3 grams of fiber, and a boost of potassium, which helps keep blood pressure in check. Slip one into your kid’s lunch too: A British study suggests that eating bananas daily may protect children from asthma symptoms.

BEANS are a top source of fiber and protein, as well as B vitamins, zinc, iron, and magnesium. Black beans pack disease-fighting antioxidants, and adzuki beans (check your health-food store) are full of iron and are usually more easily tolerated by people who tend to get gassy, says

Annie Kay, lead nutritionist at the Kripalu Center for Health and Yoga in Stockbridge, MA. And don’t forget **chickpeas**—one study found that when people included them in their diets, they reached for fewer processed high-fat snack foods. Falafel... mmm.

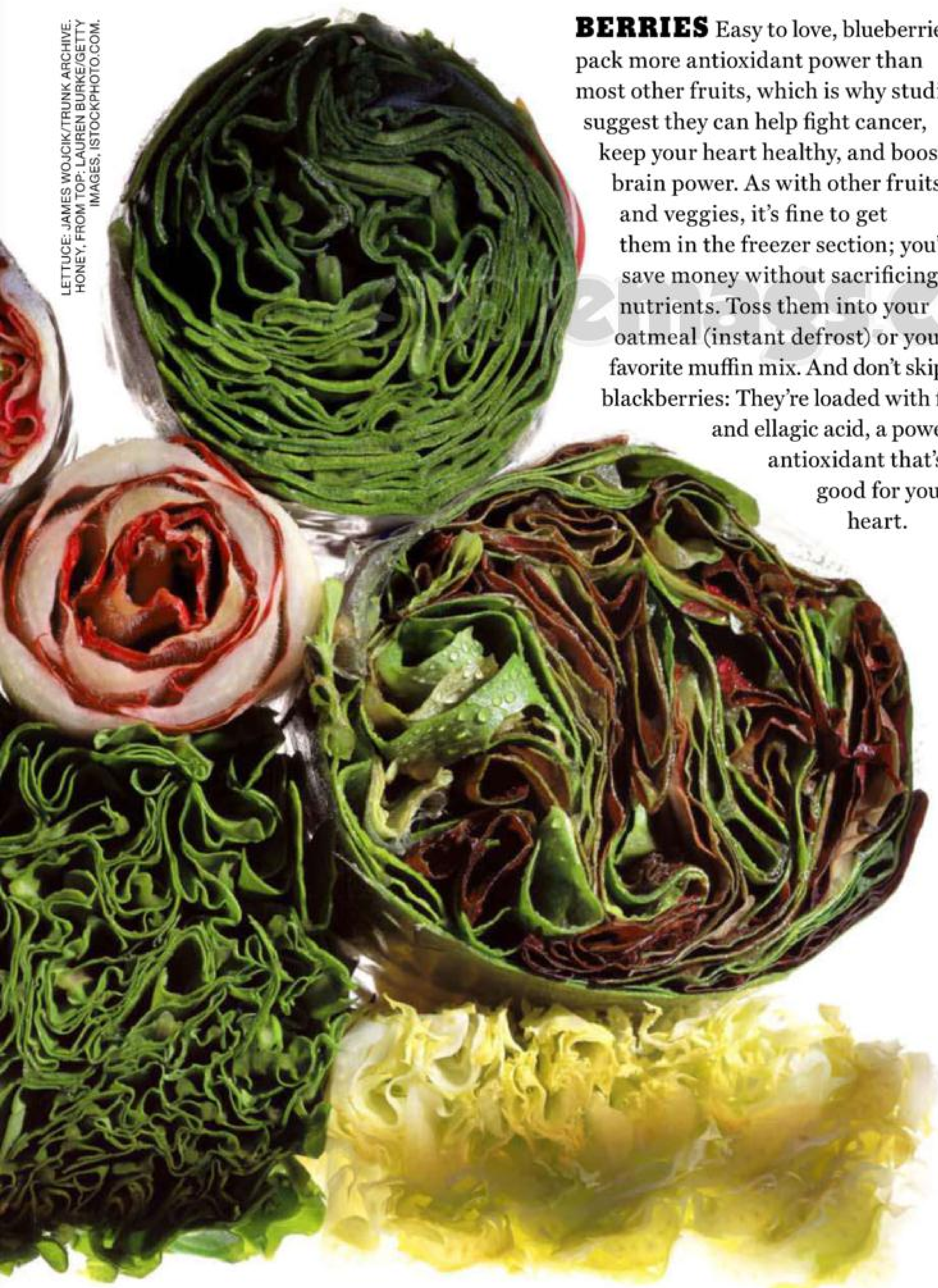


Think beyond iceberg. Its darker-leaved cousins are more nutritish *and* delish.

FOODS TO EAT MORE OF

SUPERMARKET, THESE ARE THE GOTTA-EATS FOR A LONGER, SLIMMER, HAPPIER LIFE. BY NICCI MICCO

LETTUCE: JAMES WOJCIK/TRUNK ARCHIVE; HONEY, FROM TOP: LAUREN BURKE/GETTY IMAGES, ISTOCKPHOTO.COM



BERRIES Easy to love, blueberries pack more antioxidant power than most other fruits, which is why studies suggest they can help fight cancer, keep your heart healthy, and boost brain power. As with other fruits and veggies, it's fine to get them in the freezer section; you'll save money without sacrificing nutrients. Toss them into your oatmeal (instant defrost) or your favorite muffin mix. And don't skip blackberries: They're loaded with fiber and ellagic acid, a powerful antioxidant that's good for your heart.



1 SUPER-SWAP TO MAKE RIGHT NOW:

Sugar to honey! Skip the refined white stuff and swirl a teaspoon or two of antioxidant-laced "liquid gold" into your oatmeal, tea, or even coffee. The switch could affect hunger hormones in slimming ways, says a recent University of Wyoming study. Compared with sugar, honey delayed the rise of ghrelin, a hormone that drives us to eat, and boosted levels of the feel-full compound PYY. *Suh-weet!* Honey still adds calories, though (22 per teaspoon), so think drizzle, not drench.



CABBAGE Get your health on a roll: Ditch the soggy lettuce on your next burger and pile on shredded cabbage instead. Each 20-calorie cup is packed with glucosinolates, chemicals that bolster your body's defenses against cancer-causing free radicals. (**Broccoli** and **brussels sprouts** deliver them too.)

CANNED SALMON Fish is the number-one source of omega-3s, the fatty acids that can reduce your risk of heart disease and stroke, and may even increase serotonin, a happy-mood brain chemical. And canned salmon is lower in mercury than tuna. Plus, it's often wild, not farmed (and will say so on the label), so you can feel good about your sustainable seafood choice.

KALE is an unsung veggie hero: A half-cup serving packs *420 percent* of your daily dose of vitamin K, a nutrient that plays a starring role in bone health. Kale also ranks high in cancer-fighting glucosinolates.

KIWI One serving—that's two kiwis—delivers as much potassium as a banana and more vitamin C than an orange, all for about 85 calories. And they're so snackable: Just halve crosswise and scoop with a spoon.

OATMEAL You probably know it's every nutritionist's favorite breakfast food, but you may not realize why: It's full of soluble fiber, a bad-cholesterol-buster that also helps burn belly fat. Go for the unsweetened kind, and flavor with berries and ground flax—a super source of omega-3s.

PAPAYA Cut some up and put it at the counter for snackers: This tropical fruit will satisfy your sweet-toothed kid or hubby. (The last time the experts checked, cookies didn't quite stack up to papaya's antioxidant properties.) And while you're doing the Caribbean thing, pick up some **pineapple**. One cup delivers more than your daily needs of vitamin C, a nutrient that may help fight colds *and* create collagen, proteins that keep skin

smooth and supple. Eat a few slices and consider it an instant facial.

SPINACH It's nice when you can count one veggie as a multivitamin—and spinach is packed with A, C, K, and folate, which boosts the production of brain chemicals that affect your mood (low levels of folic acid are associated with depression).

WHOLE GRAINS People who eat them are better able to lose belly fat. We *thought* that might give you a hankering for some **whole-grain pasta** or a side of **brown rice** tonight! And if you've bypassed **quinoa** because you can't pronounce it (keen-wah), you're missing out: It counts as a complete protein, which means it supplies all of the essential amino acids your body needs. Toss in veggies and it's a balanced meal. Also switch to **whole-grain bread** (look for *whole wheat*—or *rye*, or *oat*—on the label); it's a stellar source of insoluble fiber.

YOGURT It's filling and slimming, thanks to protein. The Greek kind has more of it—20 grams per cup—than a chicken cutlet! Yogurt also contains probiotics, the “good” bacteria that have been shown to rev up immunity.

Avocado + lime
= healthy fats,
vitamin C, and great
guacamole.

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3 FLAVOR BOOSTERS WITH BIG HEALTH PAYOFFS

GINGER It's just one spice—along with **black pepper, cinnamon, cloves, garlic powder, oregano, paprika, rosemary, and turmeric**—that may blunt the negative effects of high-fat meals that spike heart-hurting triglycerides in your blood, says a recent study in the *Journal of Nutrition*. (Try Jamie Oliver's spice-packed marinade; visit redbookmag.com/jamieoliverrecipe.)

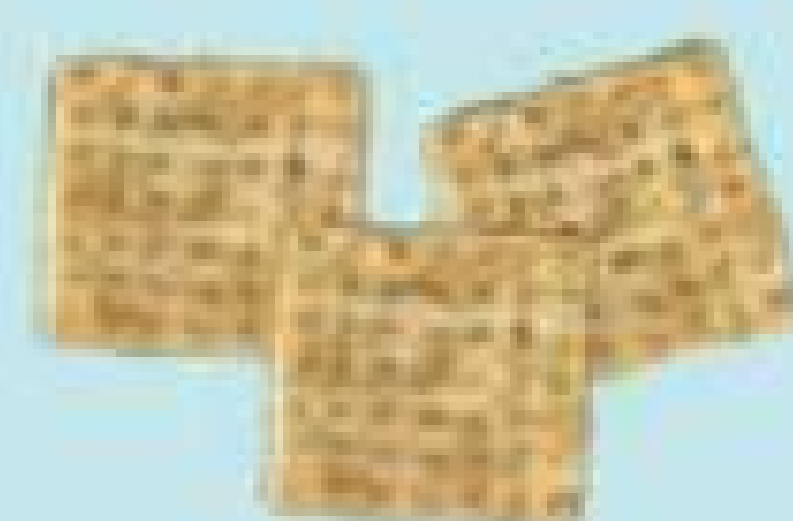
MUSTARD Use whole-grain mustard instead of mayo on your sandwich and you'll save 80 calories and 9.5 grams of fat (as much as two slices of bacon!) per tablespoon. Plus, "mustard seed is a cousin to kale and cabbage, and contains similar immune-boosting power," says Kay. Grainy varieties pack the most, because they're less processed than the bright yellow kind.

GARLIC So it makes your breath a little stinky. The bulb has heart-healthy benefits you don't want to miss, and can protect against stomach and colon cancer. A recent study also suggests that adding garlic—or onion—to whole grains may help you absorb more of their iron and zinc. So sauté some in olive oil to add a boost to your whole-wheat penne with marinara.

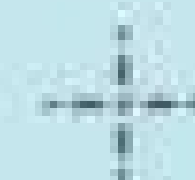


5 SNACKS FOR ANYONE WHO'S SICK OF AN APPLE AND PEANUT BUTTER

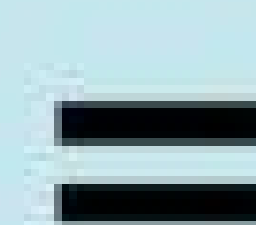
These combos deliver that same magical feel-full mix of protein and fiber, so you're good to go till dinner time.



6 Triscuits



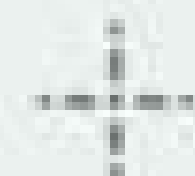
1 oz of Cabot 50% reduced-fat cheddar



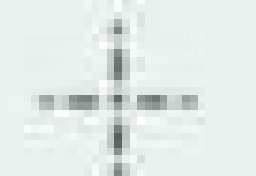
190 calories, 9 g fat, 11 g protein, 3 g fiber



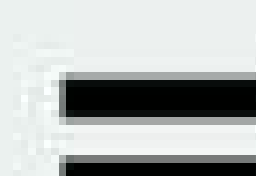
2 Tbsp roasted pumpkin seeds



2 Tbsp dried cherries



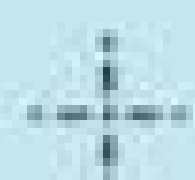
1 Tbsp semisweet chocolate chips



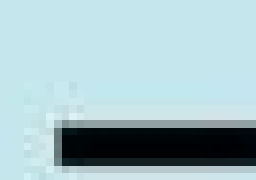
185 calories, 10 g fat, 5 g protein, 3 g fiber



1 cup sugar snap peas



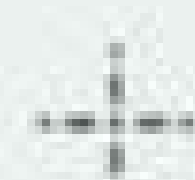
1/4 cup hummus



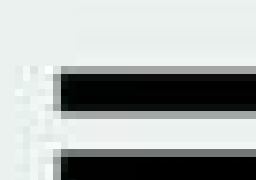
142 calories, 6 g fat, 7.5 g protein, 6 g fiber



12-oz non-fat latte



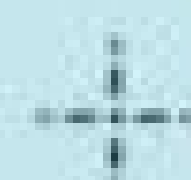
tropical fruit salad (1/2 cup papaya + 1/2 cup pineapple)



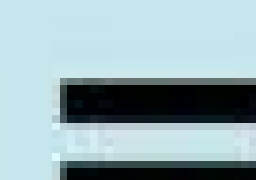
151 calories, 0.2 g fat, 11 g protein, 2.3 g fiber



6 asparagus spears



2 slices lean deli meat



84 calories, 1 g fat, 16 g protein, 2.5 g fiber

ELLIE KRIEGER, host of the Food Network show *Healthy Appetite*, loves it this way: "Cut smoked turkey strips and wrap them around a thin asparagus stalk that you've brushed with olive oil, then microwave for 3 minutes." Yum!

3 CUPS OF TEA EVERY WOMAN NEEDS



4

INSTA-BREAKFASTS FOR WOMEN WITH INSANE MORNINGS

A WHOLE-WHEAT ENGLISH MUFFIN

topped with 1½ Tbsp almond butter and slices from 1 small banana.

314 calories, 10 g fat, 9 g protein, 7 g fiber

A WHOLE-GRAIN WAFFLE with a slice of mozzarella cheese and a sprinkle of cinnamon sugar, toasted ("Sounds weird but it tastes really good," says registered dietitian Bonnie Taub-Dix, author of *Read It Before You Eat It*), plus 2 kiwis.

273 calories, 10 g fat, 10 g protein, 6 g fiber

NONFAT VANILLA GREEK

YOGURT (6 oz) with ¾ cup Puffins cereal mixed in for crunch. Then also grab 1 medium orange.

334 calories, 1 g fat, 19 g protein, 8 g fiber

A FRUIT SMOOTHIE: Blend 1 cup nonfat plain yogurt with ½ cup frozen berries. Grab a small handful of almonds on the side for a protein boost.

**317 calories,
14 g fat,
20 g protein,
7 g fiber**



➤ **BLACK TEA** for stress relief. In one study from University College in London, people who included it in their diets had lower levels of the stress hormone cortisol, and were more relaxed and able to complete difficult tasks.

➤ **PEPPERMINT TEA** to focus. This brew upped office workers' performance in a study by Wheeling Jesuit University; smelling mint stimulates the brain's arousal system and helps you pay attention.

➤ **GREEN TEA** to shed pounds. It's full of a compound with the catchy name of epigallocatechin gallate (EGCG) that may block fat absorption, suggests new research from Penn State University.

3 SHOCKINGLY DIET-FRIENDLY FOODS

For all of us "please don't make me eat more tofu" types.

1 AVOCADOS Who are we to get between a girl and her guac? There's no point, because the heart-healthy mono-unsaturated fats and fiber that avocados pack also help you stay satisfied longer. And they're not as high in calories as you might think: only 50 for one quarter of a medium-size avocado.

2 EGGS People in a University of Connecticut study who ate eggs for breakfast felt less hungry and consumed fewer calories throughout the day than those who had a bagel. And don't ditch the yolks: They're a good source of vitamin D and choline, a nutrient

important for keeping the liver, heart, and brain healthy. "It's a good idea to stick to two yolks a week or less if you already have high cholesterol," notes Linda Van Horn, a member of the American Heart Association's nutrition committee. But for most people, having an egg a day is fine.

3 NUTS You shouldn't shovel them in by the handful, but studies have found that people who regularly nosh on nuts are leaner than those who don't—possibly because they're so satisfying that you eat less of other foods. Count out an ounce (that's about 24 almonds, 47 pistachios) and savor them slowly.

Power pyramid: Mushrooms pack immune-boosting vitamin D; sweet potatoes are an über-filling fiber machine; red grapes contain phytochemicals that help fight inflammation; and turkey is a fab source of lean protein.



ONE MORE EXCELLENT REASON TO EAT CHOCOLATE

You've probably heard that the dark kind can make you less likely to develop high blood pressure or suffer strokes, thanks to compounds called flavonoids. Now new research from the University of Cambridge shows that people whose diets include chocolate—milk or dark—have a 37 percent lower risk of heart disease than those who live in chocolate deprivation (a state of being we don't recommend). But it's still high in calories, so don't go totally loco.

Happily married...

Sworn

Partner-swapping is more mainstream than ever, and the couple you're about to meet swears it helped their marriage. Are they crazy? Deluded? Hear them out—then decide. By Hallie Goodman

We joked that I should answer the door in a long hippie dress,” says Janet Williams*, who’s wearing jeans and a T-shirt as I step into the living room of her suburban Orlando home. “Or nude!” says her husband, Eric, who looks like he’s dressed for a round of golf in a polo shirt and shorts. They’re low-key and welcoming, even though I’m here to grill them about what they do naked: specifically, getting intimate with other couples at swingers parties.

At first glance, it’s hard to imagine Janet, 33, stripping down in a room full of strangers. She’s gorgeous in a clean-cut sort of way, but her olive skin, Brooke Shields brows, and curvy figure make me bet every guy she works with has a crush on her. And it’s not out of the question that Eric inspires watercooler chatter too: He’s 6 feet tall and, at 40, has flatter abs than guys half his age. He comes off as strong and straightforward—maybe it’s his military background—as he slips his arm around Janet and looks adoringly

Storemags

Swingers?

at her. The tenderness between them makes what I know about their sex life even more baffling. How can two supposedly happily married people watch each other get so close with so many someone-elses?

There's certainly no shortage of partners: The swingers website adultfriendfinder.com claims more than 30 million accounts, and swingers clubs in every single state advertise online. Even the primarily tame website meetup.com has swingers groups, with more than 10,000 members in 51 cities. But how does a committed couple make this lifestyle work? And why would they *want* to? Janet and Eric have agreed to answer every question I ask on this August afternoon before they head out to a swingers gathering, and even okay my request to ride along with them to the party. I'm also welcome to interview them the day after, when their defenses will be lowest. They're willing to let me share everything except their real names and address, in order to protect their identities.

On paper, Janet and Eric are more Main Street

than Wisteria Lane. They've been together 13 years, married for seven. Janet has a master's degree, and Eric enlisted right after high school. They do all the things most married couples do: go to movies, walk their yellow Lab, work out (which explains the abs; they run every morning at 6 a.m.). They don't have any children together, though Eric has a son from a previous marriage who lives with them for part of the year; today he's with his mother. Their living room looks like a Pottery Barn catalog, with throw pillows alternating precisely across the couch: beige, burgundy, beige, burgundy, beige.

They keep their unorthodox sex life under wraps—and with good reason. Janet and Eric both work for the county. If anyone they know professionally discovered what they do in the buff, there would be unfixable damage to their reputations, or worse. "The idea of someone finding out really does scare me," says Janet. Not even their closest friends are privy to their swinging lifestyle. "They call us prudes," she says,

laughing. "And for the most part, we are. We follow the rules." Neither one has ever tried drugs, and most nights they're in bed by 10 p.m.—just the two of them.

I ask them to back up for a moment. Sure, they follow everyday rules, but the concept of swinging is mind-boggling to most people in a serious relationship. "It sounds crazy when we look at it from the perspective of the typical married couple," agrees Janet. But they've inched their way into it, she says; after two-plus years of swingers parties, they're just now starting to contemplate actual intercourse with other people (so far, they've engaged in oral sex and foreplay). For them, swinging is something they do to enhance an already strong bond. They talk about what turns them on and what's out-of-bounds before every sex party, and when they go to one, they stay together so everything's in the open. "Janet and I are married, we are best friends, and we do everything as a couple, including this," says Eric. "I see a lot of my friends' marriages end because they get stuck in a rut," Janet explains. "I think that's why it's important to try something new together, whatever it is."

Janet and Eric started swinging to get over a rough patch in their relationship, they tell me. A few years ago, Janet's libido took a nosedive, something she blames on the Pill but could have been due to stress, age, or just growing complacent in her marriage. Eric was frank: He wasn't getting what he needed. "I stopped seeing her in a sexual light," he says. Janet admits sex felt like a chore. "It took me so long to get going," she says. "I couldn't control that my sex drive had plummeted, and when you've been with the same person a while, sex can start to feel same-old, same-old." Eric became concerned; his past marriage had ended after he and his wife stopped being intimate and both had affairs. "I remembered how bad cheating had made me and my ex feel, and I'd never do it again," says Eric. "But I wasn't ready to say, 'I'll pretend to be okay with this'. What's the point of being married and not enjoying sex together?"

The lightbulb went off while the two were on vacation and Eric, on a whim, suggested hitting a strip club. Surprisingly, Janet was game. "I was relaxed after a few days off, and it seemed exciting," she says. "Just doing something, anything, new—I needed that." Once they had a few cocktails, Eric bought Janet a table dance. For him, watching Janet with someone else—even a stripper for hire—was a turn-on. For Janet, being watched by Eric was equally sexy. The rest of the vacation was charged in a way they hadn't experienced in a while. "We couldn't keep our hands off each other," says Eric.

When their trip ended, Eric began looking for other things to keep the sparks flying back home. That's when he found adultfriendfinder.com, a pornographic site that allows anyone over 18 to post video.

It's filled with homemade movies from real couples, and Eric asked Janet if she'd view it with him. She agreed, and soon they graduated to on-camera foreplay, being sure to hide their faces. "We could see how many people were watching, and they would leave comments raving about Janet's body," says Eric. "I never thought I'd be turned on by other men seeing my wife nude, but I really was." Janet was aroused by the attention as well. "Eric doesn't always show appreciation for me," she says. "He says he *thinks* it, but that doesn't do me much good." Eventually, though, they burnt out on AdultFriendFinder. Eric was ready to try something in real life.

They decided to try a swingers club. "It was Eric's idea, but I was on board," Janet says. She and Eric hammered out ground rules: no kissing other people, no doing anything without checking with the other person first, and always staying together. "To us, sex is a physical act, but kissing is an intimate act," Eric explains. "That's why it's always off the table." In other words: *Pretty Woman* rules? "Exactly," says Janet. They finally picked a club over an hour away. The experience was exhilarating, but not their scene. Things didn't get started until after midnight—tough for a couple that goes to bed well before *Letterman*—and they were freaked out by the atmosphere: One room was filled with people in bondage gear.

After a few failed nights at sex clubs, Janet and Eric were relieved to find Club Relate, a private swingers group owned by a husband-and-wife team, Tom and Lynda Gayle. According to Eric and Janet, the Club Relate crowd is older (members are typically in their 40s or 50s) and, perhaps consequentially, more approachable. "Everyone is so nice, and so respectful," says Eric. "They ask before they do anything with someone else's partner." Lynda keeps a box of latex gloves around, at Janet's request (she doesn't like the idea of germy hands on her), and there are bottles of water and bowls of condoms laid out. Best of all, things get going at 7:30 p.m., and most parties are in hotel rooms instead of nightclubs lit by disco balls.

Tonight, Lynda is hosting a sex party in a hotel suite. Eric and Janet are eager to go; it's been over a month since their last event, and they're ready to push the envelope even more. They get giddy remembering their first time, when they had sex while strangers watched. "We were up all night afterward," says Eric. "We felt high from the experience." Neither Janet nor Eric say they're addicted to swinging, but it does sound a bit like a drug: "You start to crave it," Eric says. "This summer, I noticed I was thinking about it at work. That's when I said, 'Okay, time to take a break.'"

I ask Janet if she's really never gotten jealous seeing Eric touch another woman. She swears up and down that it doesn't bother her

Reality check from a doctor

Our resident sexual health expert, Hilda Hutcherson, M.D., is pretty open-minded... but this trend has her worried.

"If swinging isn't something a woman really wants to do, then she shouldn't," Hutcherson says. "It can lead to major resentment." Even when both partners are genuinely curious, it's crucial to set

ground rules and protect each other against sexually transmitted diseases. "Just because someone is married doesn't mean they're safe. Even with condoms, you can be exposed to viruses like HPV and herpes," she says. HPV (human papillomavirus) can lead to cervical cancer, of course, but it's also



How far would
you go to revive
your sex life?

when he does, or when another woman massages him (*massage* is pretty much code for any type of touching in the swingers circle). “It’s just sex,” she says. “Not love. Not intimacy. *Sex*.”

So where does the couple draw the line? Janet has received oral sex from someone else, but Eric hasn’t, nor has he performed it. Janet explains that this is because she’s terrified of him getting a sexually transmitted disease. (It’s an interesting double standard; Janet didn’t use protection the last time she received oral sex from a stranger.) As for emotional boundaries, “I’d be jealous if he were to do something without me there,” she says. Eric is quick to reassure her: “That would never happen.” Their attitude toward swinging is that they both play or they don’t play—end of story. “It’s all centered around what makes us happy as a couple,” Janet says. “It’s always been about *us*, for *us*. That’s why I think it’s helped our marriage.”

The action doesn’t start for another few hours, so I accept Lynda’s invitation to attend the orientation for Club Relate newbies. When I enter the suite—the same one that will be used for the party later on—I see four others already seated, looking nervous. There are two single men, both older, short, and bald. There’s also a somewhat mismatched married couple: She’s young and beautifully exotic; he’s an ersatz Paul McCartney and has a good 15 years on her. She nuzzles him sweetly.

Thirty-nine people have RSVP’d for tonight’s party. It sounds like a lot, and I envision a sort of Hieronymus Bosch painting—this beige hotel suite *writhing* with bodies. But Lynda explains that it won’t feel overcrowded, because “lots of people will just be watching.” (True, people take up less space when vertical.) Then she outlines the rules: no alcohol, no drugs, and if someone propositions you and you’re not into it, just say, “No, thank you, but thanks for asking.” This particular flavor of swinging is all about manners. Most clubs

have the no-thank-you rule, but Lynda has added the cordial nicety of the second part. It makes sense. Rejection is one thing, but rejection in front of a group of people while naked? *Ouch*.

As we file out of orientation, the suite’s ambience is quickly transforming from convention-center bland to *bow-chicka-bow-wow* thanks to shades thrown over the lamps and twinkling tea lights surrounding the Jacuzzi tub. I walk to my car, and out of the corner of my eye, I see Eric and Janet heading in to the hotel. We wave to each other as they go to join the rest of the group.

The next day, I meet the couple at a Mexican restaurant. Janet wears heels, a sundress, and a big grin. They’re both in a contagiously good mood. After ordering breakfast, they start to whisper some of the details from last night: Once the party began, they made a beeline for a massage table. Another man joined them, and he and Eric gave Janet an erotic massage. Afterward, Janet urged Eric to touch the beautiful woman I’d met in orientation while she watched; Eric admits he was intimidated because the woman was so pretty. “It’s like an eighth-grade dance,” Janet says. “I had to physically push him to go up to her.”

They get sidetracked trying to recall all the places in the suite where they had sex, and the conversation devolves into laughter. “It’s sensory overload,” explains Eric. They have a sort of blissed-out afterglow usually reserved for honeymooners. “She’s been really lovey today,” he continues. “She keeps saying, ‘I love you so much, you’re my best friend.’ It’s nice to hear.” Despite the fatigue, they woke up this morning and had sex first thing.

When I ask them what’s next, Janet jumps in. She says they’ve hung out twice now with a couple they met online, and they’re hoping a swap—including intercourse—will happen soon. “I’ll feel safer with one married couple than the group setting,” says Janet. Her rationale: There will be less risk of STDs, because everyone’s married, even though it’s obvious there’s not a lot of monogamy going on. The emotional risk of swinging with one couple doesn’t faze them. Janet and Eric insist that if either of them started to feel any sort of emotional attachment to their new friends, the arrangement would end.

Meanwhile, Eric relishes their swinger status—even if nobody knows about it but them. He starts talking about the guys at work, how they go nuts when a hot girl walks by. “They’re sex-starved,” he says, shaking his head. He looks warmly at Janet. “I don’t act like them, because I have enough. I have more than enough.” And yet, they keep upping the ante, daring themselves to go further and betting their bond won’t snap under pressure. “This has made us brutally honest with each other,” Janet says. “Exploring has made us happier. It’s still just us, together, in my mind.” ®

linked to throat cancers—making oral sex riskier than most people think. There are emotional risks too: “One of my patients got divorced after she saw her husband with someone else at a swingers party. She thought she could handle it, but she realized too late

that she couldn’t,” Hutcherson says. Couples therapist Mira Kirshenbaum, author of the upcoming book *I Love You but I Don’t Trust You*, agrees: “Before a couple does anything like this, they should talk to each other about what their needs are and brainstorm ways to

meet those needs that don’t involve swinging.” She also underlines the importance of establishing rules, and stresses that couples should have an exit clause. “It’s essential,” she says. “If swinging isn’t working for one person, it needs to stop, no questions asked.”



1 DREAM KITCHEN

"I wanted this kitchen to feel timeless, while still fitting in with the '50s style of the house," says Carla Lane, a designer in Los Angeles. "I repainted the cabinets white to freshen them up. Then it was all about adding storage and pops of color."

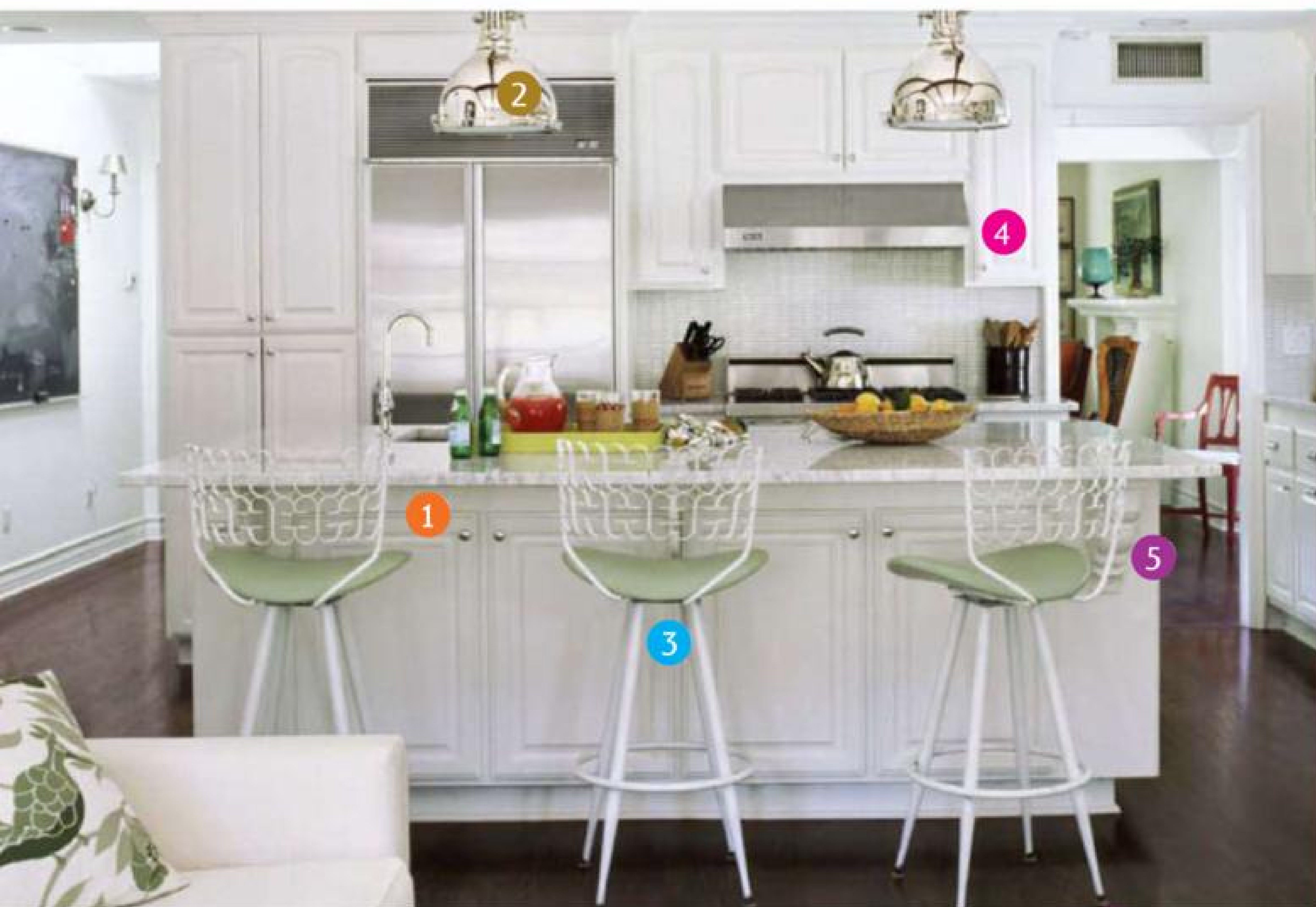
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REGROUP WITH YOUR WHOLE GANG IN THIS BRIGHT, OPEN ROOM. WHO COULD RESIST ITS RETRO CHARM—AND ALL THAT SHINY COUNTER SPACE?

26 REAL IDEAS

TIM STREET-PORTER.

➔ Designer tips



➊ An island doesn't have to be pricey: Lane suggests starting with a cheap base from Ikea and adding a top made of cast-off stone from a local quarry (or fake marble). ➋ Stick with one finish for your pulls and fixtures. This room has all chrome hardware. ➌ Go used! These fab stools cost \$50 for all three at a flea market, and then Lane spruced them up with three coats of spray paint and vinyl seat covers. ➍ Color's great—but try not to overdo it. Says Lane, "The room is easier to design if you focus on one shade," like the minty green she used here. ➎ Putting in a little fancy woodwork (note the moldings on this island) gets everything looking that much more expensive. And pretty!



Make your **kitchen** feel like **spring** (even in winter) with a white

➋ For the easiest backsplash, install clear glass tiles over painted walls. Mosaic tile, \$24.50 per square foot; bmosaics.com. ➌ Basic white cabinets are easy to spruce up with colorful dishes and li'l knobs. Akurum cabinet, \$93; ikea.com. ➍ Skip the real marble (and save a ton) with this luxe-looking faux alternative. Marble laminate countertop sheet, \$86; lowes.com. ➎ Get a hit of pretty pattern on your couch or chair with this swirly-print pillow. Venus pillow, \$49.95; zgallerie.com. ➏ Polished chrome hardware adds a sleek touch to new or old cabinets. Aubrey ¾-inch knob, \$6; restorationhardware.com. ➐ And these pulls are awesome for dressing up drawers! Bin pull, \$5.63; historichouseparts.com. ➑ Fill bright canisters with flour, sugar, pasta—anything that you use a lot and that comes in a not-so-nice bag. Wheat canisters, \$43.95 for 3; cooking.com. ➒ Finally, a place to park salt and pepper shakers, random mail, and other *where-to-put-it?* bits that clutter the counter. Lacquer tray, \$29; westelm.com. ➓ A glass pitcher can take the place of a vase—or turn after-school snack time civilized. Artland pitcher, \$19.99; sears.com. ➔ This hanging lamp is a steal, so spring for a pair. Chadwick pendant light, \$178; lighting showroom.com. ➕ This is the exact light the designer used, and it's *not cheap*. Montauk XL pendant, \$3,300; ralphlaurenhome.com.



base, **pastel** extras, and **floral** patterns in a few key places.

- 17 **Small sconces** cast a soft glow in dark corners, or draw attention to art. Robert Abbey 12-inch wall sconce, \$139; lampsplus.com. 18 **Steal the grasshopper chair** your mom had back in the '70s—or buy this one new and feel groovy. Mid-century rocker, \$289; urban outfitters.com. 19 **A patterned box** is the ideal spot to store recipes and cooking mags. Milano shirt box, \$14.99; containerstore.com. 20 **A cutout pattern** makes these cool modern stools stand out. Lumisource Lola bar stool, \$141; bellacor.com. 21 **We took the designer's advice** and found this stool on eBay—and at the bargain price of two for \$45! A couple coats of spray paint later, and it's shiny-perfect. 22 **This bright wicker carafe** gives a funky, tiki-lodge vibe to a shelf. La Bamba carafe, \$7.50; globalamici.com for stores. 23 **Serve yourself** in this porcelain coffee cup. (It won't cost a dollar each time!) Greek coffee cup, \$13.95; thelibraryshop.org. 24 **Silly rabbit!** This cookie jar adds fun *and* feels like a piece of contemporary sculpture. Cookie jar, \$179; mcachicagostore.org. 25 **Give a nod** to the kitchen you grew up in with this mod storage pot. Retro storage jar, \$39; gretelhome.com. 26 **Short tumblers** with a unique grip can work for your morning juice... and for your weekend margarita. Cheers to that! Turquoise glasses, \$35 for 2; crateandbarrel.com.



1

Paint the Town Red.

That's right—schedule it right in your calendar, next to gym time and kids' sports. A night out with your girlfriends should always be a top priority. You deserve it! Paint the town red with your BFFs and some **Rosa Regale**!



2

MAKE IT A

Red-Letter

YEAR...

Unplug Your Phones.

And everything else. Pretend there's a power outage for a night—no phones, TV, computer, or even lights. Fill this newfound free time with conversation and games, and you'll be amazed at what you can discover about one another.

A year where you let passion rule your every decision and celebrate every milestone. Make 2012 your red-letter year with Rosa Regale.

3

4

Experiment With Taste.

Host a chocolate-tasting party with friends: Set out different kinds of dark chocolate and ask everyone to say what underlying notes they taste. Serve **Rosa Regale**—its fresh berry flavors are the perfect complement to velvety chocolate.

**Make Your Own Tradition.**

"We celebrated our first wedding anniversary with family and friends and a toast with **Rosa Regale**. Now we pop the cork every year!" explains **Rosa Regale Red-Letter Day** contest winner Susan Lane from La Grange, NC. Create your own traditions and make it a celebration to remember with **Rosa Regale**.

Be Spontaneous.

Sneak out early from work—and plan an impromptu date with your guy: He'll pick up the nibbles, you'll get the **Rosa Regale**.

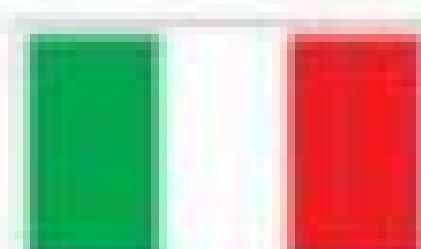


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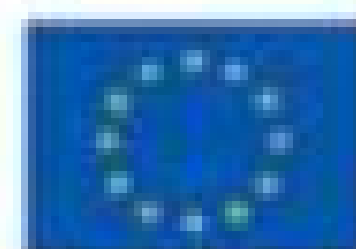


Scan or go to Loveatfirstsip.com, "like" Rosa Regale, and enter for a chance to win a free gift.*

*Free gift available to the first 500 entries or while supplies last. Not valid in TN or WI.



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Storemag

GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE



Comfort food for cozy nights

Cure January-itis with these homey-but-fresh-tasting dinners. Plus: Low-cal cocktails ● Peanut butter goes gourmet ● A healthy chicken pot pie

← (from previous page)

Classic lemon tarragon chicken

Prep time: 15 minutes
Cooking time: 42 minutes

- 2 large lemons
- 4 small (10-oz) bone-in chicken-breast halves with skin on, but any rib bones removed

- 1 tsp each minced garlic and kosher salt
- 4 sprigs fresh tarragon
- 2 Tbsp extra-virgin olive oil
- 1/2 tsp freshly ground black pepper
- 1 cup reduced-sodium chicken broth
- Chopped fresh tarragon, for garnish

1. Heat oven to 400°F. Cut 1 lemon into very

- thin slices; juice the other lemon.
2. Loosen the skin of the chicken-breast halves. Rub flesh underneath with garlic and season with half the salt. Tuck a lemon slice and a tarragon sprig under the skin of each breast. Secure skin to breasts with toothpicks.
3. Place chicken in a

- shallow roasting dish. Drizzle breasts with olive oil and reserved lemon juice. Scatter remaining lemon slices over chicken and season skin with remaining salt and the pepper. Pour broth around chicken in roasting dish.
4. Roast 40 minutes or until chicken is cooked through; remove from

oven. Turn broiler to high. Broil chicken 1 to 2 minutes to crisp up skin. Remove toothpicks and garnish with chopped tarragon.

Side ideas: mashed potatoes and broccolini.

Makes 4 servings. Each serving: 405 cal, 21 g fat, 50 g protein, 3 g carb.



Spicy lamb chops with creamed butter beans

Prep time: 20 minutes
Cooking time: 25 minutes

Potatoes

- 20 tiny Yukon Gold potatoes (3/4 lb)
- 1 Tbsp olive oil
- 1 tsp chopped fresh rosemary
- 1/2 tsp kosher salt

Lamb chops

- 1/2 cup cilantro leaves
- 4 Tbsp olive oil
- 2 fresh red chiles, seeded, chopped
- 2 scallions, roughly chopped

Grated zest and juice of 1 lime

- 1 tsp smoked paprika
- 12 thin-cut rib lamb chops (about 1 1/2 lb)

Butter bean puree

- 2 (15-oz) can butter beans, drained
- 1/2 cup chopped fresh mint
- 1/3 cup light sour cream
- 1 tsp ground cumin
- 1/2 tsp kosher salt

1. **Potatoes:** In a medium saucepan, cover potatoes with water and boil for 10 minutes or until almost tender. Meanwhile, heat oven to 400°F. Drain potatoes, place on a small rimmed baking sheet, and toss with oil, rosemary, and salt.

Roast 15 minutes, shaking pan once or twice, or until browned.

2. **Lamb chops:** While potatoes roast, place cilantro, oil, chiles, scallions, lime zest, lime juice, and paprika in a food processor; pulse to form a paste. Spread paste over both sides of lamb chops. Heat a stovetop grill pan over medium heat.

3. Butter bean puree:

Place butter beans in the same food processor bowl (no need to rinse it out) with mint, sour cream, cumin, and salt; pulse to a puree. Scrape into a glass bowl and place in microwave.

4. Spray chops with olive oil spray and grill 2 to 3 minutes per side for medium-rare. While chops cook, microwave puree 2 to 3 minutes, until hot. Divide puree among 4 plates and top each with 3 chops. Serve with potatoes.

Makes 4 servings. Each serving: 693 cal, 44 g fat, 35 g protein, 39 g carb.



Crispy Parmesan turkey

Prep time: 15 minutes

Cooking time: 16 minutes

- $\frac{1}{2}$ cup plain dry breadcrumbs
- $\frac{1}{4}$ cup freshly grated Parmesan cheese
- 1 Tbsp chopped fresh parsley
- 1 tsp finely grated lemon zest
- 1 large egg
- 4 (5-oz) skinless, boneless turkey-breast cutlets
- 1 tsp kosher salt
- $\frac{1}{4}$ tsp freshly ground pepper
- 4 Tbsp olive oil
- Lemon wedges

1. Heat oven to 200°F. In a pie plate, combine breadcrumbs, Parmesan, parsley, and lemon zest. In another pie plate, beat egg with 1 Tbsp water.

2. Lightly pound turkey cutlets until they're $\frac{1}{8}$ inch thick. Season on both sides with salt and pepper. Dip cutlets in beaten egg, then in breadcrumb mixture.

3. Heat 2 Tbsp of the oil in a large nonstick skillet over medium heat. Add 2 cutlets and cook about 4 minutes per side, until golden brown and cooked through. Place on a baking sheet and put in oven to keep warm. Repeat with remaining oil and cutlets. Serve with lemon wedges.

Side ideas: a simple green salad and buttered orzo.

Makes 4 servings. Each serving: 329 cal, 17 g fat, 37 g protein, 5 g carb.

Curried beef rice bowl

Prep time: 10 minutes

Cooking time: 25 minutes

- $1\frac{1}{2}$ tsp canola oil
- 1 Tbsp mild curry powder
- 2 tsp ground cumin
- 1 tsp each ground coriander and cinnamon
- 1 lb lean ground beef
- $1\frac{1}{3}$ cups basmati rice, well rinsed (in a pot or rice cooker, cover with water, swoosh around, then drain)
- 2 cups shredded carrots
- 1 (9-oz) package frozen green peas
- 3 cups hot chicken broth
- Chopped fresh cilantro and lemon wedges, for garnish

1. Heat oil in a large, deep skillet over medium-high heat. Add curry powder,

cumin, coriander, and cinnamon, stirring quickly to combine. Crumble in beef and cook, stirring with a wooden spoon to break up clumps, 3 to 4 minutes, until beef is browned. Stir in rice, carrots, and peas until combined.

2. Add broth and bring to a boil. Cover skillet and reduce heat to low. Cook 16 minutes. Remove from heat, keep covered, and let stand 5 minutes, until all liquid is absorbed into the pilaf.

3. Uncover and fluff pilaf with a fork. Spoon onto warmed plates. Sprinkle with cilantro and serve with lemon wedges.

Makes 4 servings. Each serving: 597 cal, 19 g fat, 33 g protein, 77 g carb.



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WEEKNIGHT MEALS



Sicilian-style stuffed eggplant

Prep time: 35 minutes
Cooking time: 25 minutes

- $\frac{1}{3}$ cup golden raisins
- 3 medium ($\frac{3}{4}$ -lb) eggplants, ends trimmed
- 2 cups jarred arrabbiata (spicy marinara) sauce
- $\frac{1}{2}$ cup pitted kalamata olives, quartered
- 8 oz fresh mozzarella cheese, roughly chopped
- $\frac{1}{2}$ cup torn fresh basil leaves
- $\frac{1}{4}$ cup prepared fresh basil pesto (from the refrigerated section, not jarred)
- 3 Tbsp pine nuts, toasted
- Chopped fresh parsley, for garnish

1. Steep raisins in a small covered bowl of hot water for 15 minutes, until

softened. Drain and set aside.

2. Meanwhile, cut each eggplant lengthwise into eight $\frac{1}{4}$ -inch-thick slices. Heat a nonstick grill pan over medium heat. Spray eggplant slices with olive oil cooking spray. Grill slices in batches, 2 minutes per side, until just tender.

3. Heat oven to 400°F. Spread $\frac{3}{4}$ cup of the arrabbiata sauce in the bottom of a 13x9-inch baking dish. Reserve the 16 largest eggplant slices. Chop remaining 8 slices and transfer to a bowl. Stir in $\frac{1}{2}$ cup of the arrabbiata sauce and half of the raisins, olives, mozzarella, and basil until filling is combined.

4. Lay reserved eggplant slices on a board; spread lightly with pesto. Top

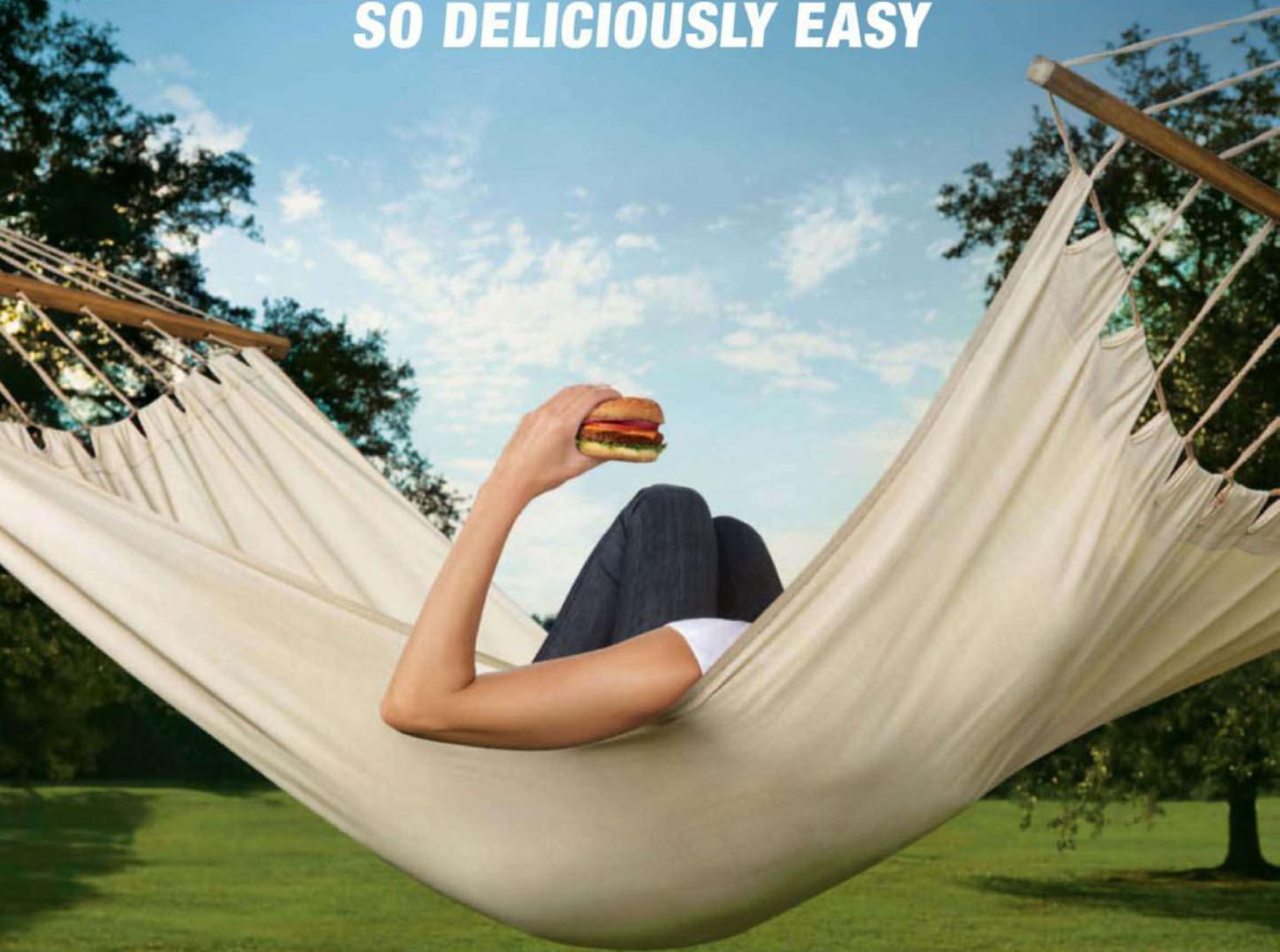
the wider end of each eggplant slice with a mound of filling, dividing evenly. Roll up each slice and place, seam side down, in prepared baking dish. Spoon remaining sauce evenly over rolls and sprinkle with remaining raisins, mozzarella, and basil. Bake 25 minutes or until golden.

5. Remove from oven; scatter with toasted pine nuts and remaining olives. Garnish with chopped parsley.

Makes 4 servings. Each serving: 620 cal, 45 g fat, 19 g protein, 40 g carb.

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Got peanut butter? Of course you do. Now use it to throw together these yummy, Asian-inspired dinners.



Spicy peanut noodles

1. Cook spaghetti according to package instructions. Drain, briefly rinse under cold water, then drain again.
2. Meanwhile, in a bowl, whisk together peanut butter, soy sauce, chili paste, and 1/3 cup warm water until smooth.
3. Toss spaghetti, carrots, and cucumbers with peanut butter mixture, adding 1 Tbsp or more of warm water to thin sauce if necessary. Sprinkle each serving with toasted sesame seeds, if desired.

Makes 4 servings. Each serving: 703 cal, 26 g fat, 26 g protein, 94 g carb.



Curry coconut peanut soup

1. In a large saucepan, whisk broth and curry paste. Heat over medium heat to boiling.
2. Whisk in coconut milk and peanut butter, and simmer for 2 to 3 minutes.
3. Stir in tomatoes (with liquid) and chicken, and cook until heated through. Season with kosher salt to taste. Sprinkle with chopped roasted peanuts and serve with lime wedges, if desired.

Makes 4 servings. Each serving: 527 cal, 37 g fat, 35 g protein, 17 g carb.

—RECIPES BY BARBARA CHERNETZ



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REDBOOK's chicken pot pie

- 1 cup fat-free half-and-half
- 1 cup low-sodium chicken broth
- 3 Tbsp all-purpose flour
- 2 cups shredded, roasted, skinless chicken breast
- 2 cups mixed frozen vegetables, thawed
- 2 Tbsp each chopped fresh flat-leaf parsley and chives
- 1 tsp each chopped fresh thyme, lemon juice, and kosher salt
- 1/2 tsp each grated lemon zest and freshly ground black pepper
- 1 ready-to-use refrigerated pie crust (half of a 14.1-oz package)

stirring frequently, for about 4 minutes or until mixture is thick.
2. Stir in chicken, vegetables, parsley, chives, thyme, lemon juice, lemon zest, salt, and pepper. Cover and keep warm.
3. On a lightly floured surface, roll out pie crust into a circle 11 inches across. Cut evenly into 4 parts.
4. Divide pie filling among four 10-oz ramekins. Drape crusts over tops and fold edges down over rims. Cut an X into center of each pie to vent. Bake 25 minutes, until pastry is browned and filling is bubbly. Cool 5 minutes before serving.

1. Heat oven to 425°F. In a medium saucepan, whisk together half-and-half, broth, and flour. Bring to a boil, then reduce heat and simmer,

*Makes 4 servings. Each serving:
425 cal, 15 g fat, 29 g protein,
41 g carb.*



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-The Sponge

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HUNGRY GIRL'S FOOD FIX

4 smart drinks — and 4 dumb ones

Check out Hungry Girl Lisa Lillien's cocktail guide so you don't blow your stay-slim resolution before the ball even drops.



FANCY MARTINI

SMART:

Have a **pomegranate martini**. A 4-oz serving made with flavored vodka and pure pomegranate juice (half and half of each) has about 185 calories. The juice packs a ton of flavor, plus a punch of antioxidants.

DUMB: Beware the chocolate martini, full of heavy cream and sugary syrup, which can deliver 500 calories.



WINE

SMART:

Have a glass of **red**—about 120 calories for 5 ounces. If it's one of those jumbo wine goblets, don't fill it to the top.

DUMB: Warm mulled wine might sound cozy this time of year, but if you split your pants, you're gonna be cold. A drink loaded with honey and sugar is a calorie bomb, even if it starts with plain old crushed grapes.



FRUITY DRINK

SMART:

Whip up a low-cal **daiquiri** using frozen fruit with no added sugar. Strawberries are a good choice because they're naturally sweet: Mix 3 partially thawed berries in a blender with ice, ½ oz lime juice, and a 1½-oz shot of rum. Add just enough water to blend, and voilà!

DUMB: Piña coladas can top 600 calories. That's *coco-nuts*.



SOMETHING BUBBLY

SMART:

Pour **champagne**, then add a few raspberries: pretty, delicious, and, for about 100 calories per 5-oz glass, one of your best drink bets. Also great: a D.I.Y. spritzer made by adding club soda and ice to a glass of white wine.

DUMB: Say no to champagne cocktails. One flute with fruit juice and sugary liqueur will run you more than 200 calories.

Ask Hungry Girl

Just wondering: What are the eating rules you plan to follow in 2012?

I definitely stick to certain food guidelines year-round, and the new year is a great time to recommit. My top five:

I live by the 80/20 rule: 80 percent of the time I eat what I know I should be eating, and 20 percent of the time I allow myself to indulge a little.

I don't drink my calories. I hydrate with a ton of water, and on the rare occasion I want something sweet, I go for coconut water or lightened-up juice like Trop50—half the calories of regular O.J.

I plan, plan, plan. I'm always figuring out what

I'm going to eat ahead of time, especially if I'm dining out, so I don't make impulsive choices.

I keep track of what I eat. As dorky as it sounds, research has shown that people tend to make better choices if they hold themselves accountable by keeping a food journal. Try it!

I always have an emergency snack handy, like turkey jerky, apples, and almonds. You never know when you'll find yourself between meals and super-hungry, and it's easy to eat the wrong foods when your stomach does the choosing for you.

Hungry for more? Sign up for Lisa's free email newsletter at hungry-girl.com, and tune in to Food Network every Sunday at 10 a.m. ET for *Hungry Girl*.

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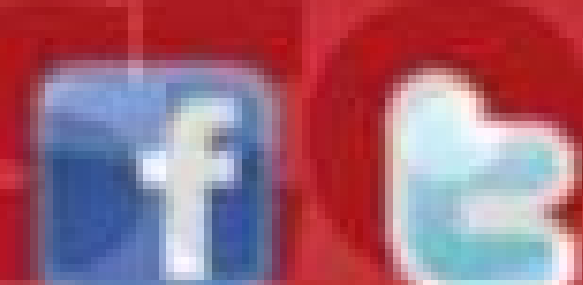
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Sexy essentials—for less!

Kate Beckinsale owns her hotness on page 108. Now you can too, minus the sticker shock.



1



- 1 Top, Cable & Gauge, \$29; cableandgauge.com.
- 2 Ring, Sonyarenee, \$110; sonyarenee.com.
- 3 Belt, Talbots, \$59; talbots.com.
- 4 Skirt, ShapeFX, \$99; shapefx.com.
- 5 Heels, Chinese Laundry, \$70; chineselaundry.com.

2



A walkable take on the look...



- 1 Jeans, Levi's, \$68; levi.com.
- 2 Heels, Nine & Co by JCPenney, \$39.99; jcp.com.
- 3 Tank, Jockey, \$12; jockey.com. Sweater, Express, \$148; Express.

3



The perfect peep-toe

- 1 Dress, Windsor, \$44.90; windsorstore.com.
- 2 Heels, David's Bridal, \$49; davidsbridal.com.



All makeup by Estée Lauder; available at esteelauder.com.
 1 Pure Color Gloss in Rose Emotion, \$20. 2 Pure Color EyeShadow Duo in Khakis, \$30.
 3 Sumptuous Bold Volume Lifting Mascara in Black, \$21.

PLUS Steal her hair & makeup!

To create Kate's loose, sultry waves, Fekkai hairstylist Adir Abergel went the old-school route: "I used hot rollers instead of an iron, for softer results," he says. Wrap dry hair in sections that are the same width as the rollers, let them cool, and release. To give Kate subtle smoky eyes, makeup artist Lauren Andersen brushed a beige shadow over her lids, then added a khaki shade on just the outer thirds. She traced a black kohl pencil along her top lashes and inner rims, and piled on a volumizing mascara for intensity.

BECKINSALE: PHOTOGRAPHED BY GILLES BENSIMON. STILL: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: PHYLLIS BAKER FOR MARK EDWARD INC.

INSIDE COVER

Earrings, Joan Hornig. **Top**, Helmut Lang. **Jeans**, 7 For All Mankind.

5 TRICKS TO... BREAK YOUR BAD BEAUTY HABITS

PAGE 44: Clinique Makeup Brush **Cleanser**, \$13; Clinique counters nationwide, clinique.com. Sephora Make Up Brush **Cleansing Wipes**, \$9; sephora.com.

BEAUTY SHOPPER

PAGE 46: Estée Lauder Pure Color Gelée Powder **EyeShadow**, \$24; Estée Lauder counters nationwide, esteelauder.com. Malin+Goetz Replenishing **Face Cream**, \$72; malinandgoetz.com. Daphne Guinness for MAC **Nail Lacquer**, \$15; all MAC locations, 800-588-0070, maccosmetics.com. Oribe Hair Care Gold **Pomade**, \$49; Barneys, Neiman Marcus, Bergdorf Goodman, oribe.com. Benefit Hervana **face powder**, \$28; benefitcosmetics.com. Barr Co. Bubble **Elixir**, \$30; khalldesigns.com.

CELEBEAUTIES

PAGE 49: Dior 5-Couleurs **Eyeshadow Palette**, \$59; dior.com. Tarte Provocateur Amazonian Clay Pressed Mineral **Powder**, \$30; tartecosmetics.com. Elizabeth Arden Color Intrigue **Cheekcolor**, \$22; Macy's, shop.elizabetharden.com. Bumble and Bumble **Styling Lotion**, \$25; bumbleandbumble.com. Hot Tools Bella 2000 Salon Turbo Ionic **Hair Dryer**, \$90; ulta.com. Couture Colour Pequi **Oil Treatment**, \$32; couturecolour.com. Jurlique Rosewater **Balancing Mist**, \$31; sephora.com. Kiehl's Facial Fuel **Eye De-Puffer**, \$18.50; 800-KIEHLS-1, kiehls.com. Nars Matte **Eyeshadow**, \$23; narscosmetics.com.

ANTI-AGING

PAGE 50: Physicians Formula Deep Wrinkle Corrector Day & Night **Cream**, \$16.97; Walmart, walmart.com.

DON'T LET WINTER MAKE YOU LOOK OLD

PAGE 52: Origins Pure Cream **cleanser**, \$19.50; Origins stores, origins.com. Vichy Pureté Thermale Exfoliating **Cream**, \$17.50; vichyusa.com. Avène Cleanance K **Cream-Gel**, \$22; aveneusa.com.

Q & TRIPLE A

PAGE 55: Tweezerman Slant **Tweezer**, \$20; tweezerman.com.

JUST YOUR AVERAGE ACTION HERO MOM

PAGE 109: Christian Cota **top**, \$450; Saks Fifth Avenue. Temperley London **belt**, \$410; temperleylondon.com. Dolce & Gabbana **skirt**,

\$450; dolceandgabbana.com for locations. Adeler Jewelers **earrings**, \$7,980, and **ring**, \$12,690; adelerjewelers.com.

PAGE 110: Dolce & Gabbana **sweater**, \$2,225; dolceandgabbana.com for locations. Michael Stars **tank**, \$40; michaelstars.com. 7 for All Mankind **jeans**, \$169; 7forallmankind.com. Aldo **heels**, \$90; aldoshoes.com. Atelier Zobel **earrings**, \$5,282; Broken English, Santa Monica, CA, 310-458-2724.

PAGE 112: Estée Lauder Pure Color **EyeShadow Duo**, \$30, and Pure Color Intense Kajal **EyeLiner**, \$20; Estée Lauder counters nationwide, esteelauder.com.

PAGE 115: Etro **dress**, price upon request; Etro, Beverly Hills, CA, 310-248-2855. Giuseppe Zanotti **heels**, \$750; giuseppezanottidesign.com for locations. Ippolita **earrings**, \$225; ippolita.com.

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Call of Duty widows, unite!



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That's right, hon: the secret ingredient is love.

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Because nobody needs the monkey jokes.



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What happens in Grand Rapids stays in Grand Rapids.

THE RECEIPT
Why try to explain the concept of "cost per wear"?



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Tucked into a pair of ratty sweats, where he'd never think to look.

HE WAS RIGHT
It's painful to even think these words, let alone say them.

Things you hide from your husband

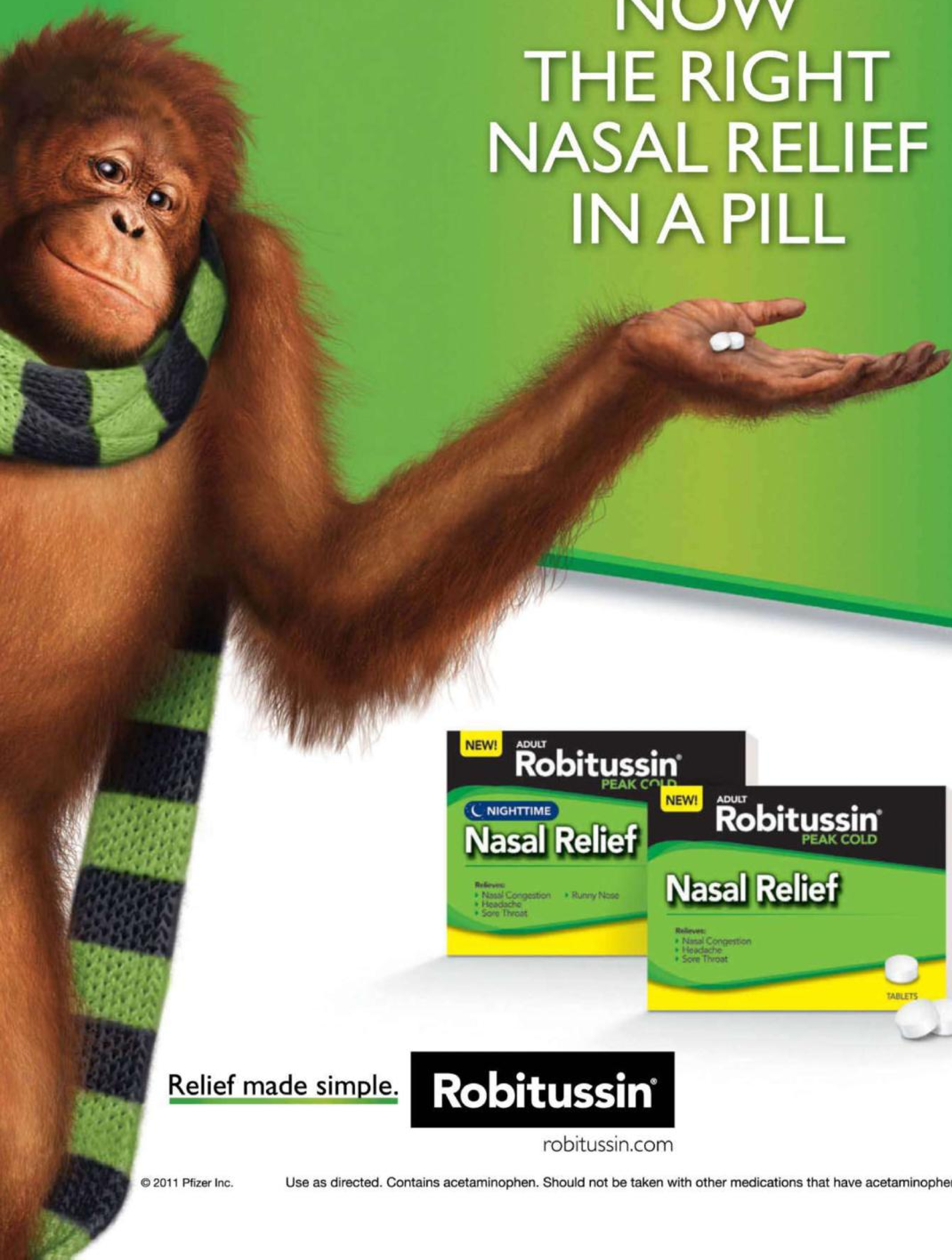
Don't worry, he'll never find all 14... can you?

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